

1769

A
C L O S E T
for Ladies and
Gentlewomen.

OR,
The Art of preserving,
Conseruing, and
Candying.

With the manner how
to make diuers kinds of
Sirups, and all kinde of
banqueting stufes.

Also diuers soueraigne Medi-
cines and Salues for sundry
Diseases.

L O N D O N,
Printed by *John Hauiland.*

1 6 2 7.

A
CLOSET

for Ladies and

Gentlemen

OR

The Art of preserving

Confection, and

Candy.

With the manner how

to make divers kinds of

Soups, and all kinds of

conserving Fruits.

Also divers foreigne Medi-

cines and Salts for sundry

Diseases.

London,

Printed by John Haulst,

1637.



An especiall Note of Confectionary.

To preserve Pippins red.

TAke your best coloured Pippins, and pare them : then take a piercer, and bore a hole thorow them : then make syrup for them, as much as will couer them, and so let them boile in a broad preserving-pan : put into them a peece of Cinamon sticke, and so let them boile close covered very leisurely, turning them very often; for, if you turne them not very often, they will spot, and the one side

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will

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will not bee like the other, and let them thus boile vntill they begin to gelly: then take them vp, and pot them, and you may keepe them all the yeere.

To preserue Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake sirup for them, and so let them boile till they be tender; then take them vp, and boile your sirup a little higher, then put them vp in a Gally-pot, & let them stand all night, and the next morning the sirup will be somewhat weaker: then boile the sirup againe to his full thicknesse, and so pot them and you may keep them all the yeere. If you please to haue them taste a pleasant taste, more than the naturall Pippin, put in one grain of musk, and one drop of the Chymicall oile of Cinamon, and that will make them

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them taste a more pleasant taste.

To preserve Pippins greene.

TAke Pippins when they be small and greene off the tree, and pare three or foure of the worst, and cut them all to peeces : then boile them in a quart of faire water till they bee pap, then let the liquor come from them, as you doe from your Quodiniacke, into a Bason : then put into them one pound of Sugar clarified, and put into this as many greene Pippins vnpared as that liquor will couer, and so let them boile softly : and when you see they be boiled as tender as a quodling, then take them vp, and pill off the ouermost white skin, and then your Pippins will be greene: then boile them in your sirup againe till the sirup be thicke : and so you may keepe them all the yeere.

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To preserve Apricocks.

OF Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pint of water; and when your sugar is made perfect, put it into a preserving-pan, and put your Apricocks into it, and so let them boile gently: and when they bee boiled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserve a peare-plum.

To preserve Mirabolans or Malacodonians.

TAke your Malacodonians: stone them, and perboile them in water: then pill off the outward skin of them: they will boile as long as a peece of bee'e, and therefore you need not feare the breaking of them; and when they bee boyled tender, make sirup of them, and preserve them

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them as you doe any other thing,
and so you may keepe them all the
yeere.

To preserve Pomcitrons.

OF your Pomcitrons take one
pound and a halfe, and cut them
some in halues, some in quarters,
and take the meat out of them, and
boile them tender in faire water: then
take two pound of sugar being cla-
rified, and make sirup for them, and
let them boile in sirup a quarter of
an houre very gently: then take
them vp, and let your sirup boile till
it be thicke: and then put in your
Pomcitrons, and you may keep them
all the yeere. If you please, you may
pare some of them: for, some delight
them in the skin; and some, pared.

To preserve Cherries.

OF the best and fairest Cherries
take some two pound, and with
a paire of sheeres clip off their stalks

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by the midst; then wash them cleane, and beware you bruse them not; then take of fine Barbary Sugar, and set it ouer the fire, with a quart of faire water, in the broadest vessell you can get, and let it see the till it bee somewhat thicke: then put in your Cherries, and stirre them together with a siluer spoone, and so let them boile, alwaies scumming and turning them very gently, that the one side may be like the other, vntill they be enough: the which to know, you must take vp some of the sirup with one Cherry, and so let it coole; and if it will scarce run out, it is enough: and thus, being cold, you may put them vp, and keep them all the yeere.

To preserve red-rose leaues.

OF the leaues of the fairest buds take halfe a pound: sift them cleane from seeds: then take a quart of faire water, & put it in an earthen
pipkin,

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pipkin, and set it ouer the fire vntill it be scalding hot: and then make a good many of other red rose leaues, and put them into the scalding water, vntill they begin to looke white, and then straine them: and thus doe vntill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the liquor, with halfe a pound of Rose-leaues, and let them seethe together till they bee enough: the which to know, is by taking some of them vp in a spoone, as you doe your Cherries; and so, when they bee thorow cold, put them vp, and keepe them very close.

To preserve Orenge and Lemmons.

TAKE your Orenge & Lemmons, large and well coloured, and take a raspe of Steele, and raspe the outward rinde from them: then lay them in water three daies and three nights: then boile them tender,

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and

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and shift them in the boiling, to take away their bitterneſſe : and when they bee boiled tenderly, take two pound of Sugar clarified with a pint of water ; and when your ſirup is made, and betwixt hot and cold, put in your Lemmons and Orengeſ, and there let them bee infuſed all night : the next morning, let them boile two or three walmes in your ſirup : let them not boile too long in the ſugar, becauſe the rindes will be tough : take your Lemmons out, and boile your ſirup thicker : and ſo when it is cold, put them vp, and keepe them all the yeere.

To preſerue Quinces.

OF your Quinces take a pound : core them, and then perboile them, and pill off the outermoſt white ſkin, and then weigh them, and put into them clarified Sugar one pound, and then boile them cloſely couered vpon a very gentle fire,

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fire, putting vnto them a stickē or two of good Cinamon cut into small peeces, and so stir them continually, that they may bee well coloured on euery side: and when the sirup is come to the height of a perfect gelly, take them off the fire, and so keepe them, for the higher your sirup is, the better will your Quinces keepe.

To preserve Peaches.

Of your fairest and best coloured Peaches take a pound, and with a wet linnen cloth wipe off the white hoare of them: then perboile them in halfe a pint of white wine, and a pint and a halfe of running water: and being perboiled, pill off the white skinne of them, and then weigh them: take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white wine, and boile it almost to the height of a sirup,

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sirup, and then put in your Peaches, and let them boile in the sirup a quarter of an houre or more, if need should require: and then put them vp, and keepe them all the yeere.

To preserve Eringo-roots.

TAke your Eringo-roots, faire and not knotty, one pound, and wash them cleane; and when they bee washed, set them on the fire, and boile them very tender: pill off the outermost skin of them, but see you breake them not; and as you pare them, put them into cold water, and let them remaine there till all be finished: and then you must take to euery pound of roots, three quarters of a pound of clarified Sugar, & boile it almost vnto the height of a sirup, and then put in your roots, but looke that they boile very gently together, with as little stirring as may bee, for feare of breaking, vntill they bee enough:

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enough: and when they be cold, put them vp, and so keepe them.

To preserve Barberries.

TAke your Barberries very faire and well-coloured, and picke out euery stone of them, and then weigh them: and to euery ounce of Barberries, you must take three ounces of hard Sugar; and with halfe an ounce of the pulp of Barberries, and one ounce of red-rose-water, you must dissolue your Sugar, and then boile it to a sirup: being so boiled, put in your Barberries, and let them boile a quarter of an houre, and then take them vp: and as soone as they begin to wax coole, put them vp, and they will keepe their colour all the yeere.

To preserve Gooseberries.

YOU must take your large Berries, but not thorewly ripe, and picke off all the stalkes from them, and

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and wash them cleane: take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them: then take ten ounces of hard Sugar, and foure ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an egge, and boile it to a thicke sirup: and then put in your Goose-berries, and let them boile a walme or two; and so, betwixt hot and cold, put them vp, and keepe them all the yeere.

To preserve Damsons.

TAke of your Damsons large and well-coloured, but not thorough ripe, for then they will breake, and pick them cleane, and wipe them one by one: then weigh them, and to euery pound of Damsons, you must take a pound of Barbary-sugar, white and good, dissolved in halfe a pint or more of water: boile it almost

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to the height of a sirup, and then put
in your Damsons, keeping them with
continuall scumming and stirring,
and that with a siluer spoone; and so
let them boile vntill they be enough,
vpon a gentle fire: and when they be
enough, take them vp, and keepe
them all the yeere.

To preserue Raspices.

TAke of your fairest and well-co-
loured Raspices, and picke off
their stalkes very cleane: then wash
them, but in any case see that you
bruisse them not: then weigh them,
and to euery pound of Raspices you
must take six ounces of hard Sugar,
and six ounces of Sugar-candy, and
clarifie it with halfe a pint of faire wa-
ter, and foure ounces of iuice of Ras-
pices being clarified: boile it to a weak
sirup, and then put in your Raspices,
stirring them vp and downe, and so
let them boile vntill they be enough,
that

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that is, vsing them as your Cherries,
and so you may keepe them all the
yeere.

To preserue Enula Campana roots.

TAke of your Enula Campana
Roots, and wash them: scrape
them very cleane, and cut them thin
to the pith, the length of your little
finger; and as you cut them, put
them into water, and let them lie in
water thirty daies, shifting them
twice every day, to take away their
bitternesse: weigh them, and to
euery pound of Roots, you must take
twelue ounces of clarified Sugar, first
boiling your Roots as tender as a
Chicken, and then put them in to
your clarified Sugar, and let them
boile vpon a gentle fire vntill they be
enough: and so let them stand off
the fire a good while, and betwixt
hot and cold put them vp to your vse.

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To preserve Saterion roots.

TAke your Saterion roots, and picke out the faire ones, and keep them by themselves: then wash them, and boile them vpon a gentle fire as tender as a Quodling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night: and then weigh them, and to euery pound of roots you must take eleuen ounces of clarified Sugar, and boile it almost to the height of a sirup, and then put in your roots, but take heed they boile not too long, for then they will grow hard and tough: and therefore when they bee boiled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preseruatiues.

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To make Mannus Christi.

OF refined Sugar take halfe a pound, and some Rose-water, and boile them together till it come to Sugar againe: then stirre it about while it bee somewhat cold: then take your leaf-gold, and mingle with it: then cast it according to art, that is, in round gobbets, and so keepe them.

To candy Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double-refined Sugar, and boile it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for foure houres: then take a pot, and warme it,

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it, and put the Ginger in it: then tie it very close, and euery second morning stir it about roundly, and it will bee rock-candied in a very short space.

To candy Rose-leaues as naturally as if they grew upon the trees.

TAke of the fairest Rose leaues, red or damaske, and on a Sunne-shine day sprinkle them with Rose-water, and lay them, one by one, vpon faire paper: then take some double-refined Sugar, and beat it very fine, and put it in a fine lawne searce: when you haue laid abroad all the Rose leaues in the hottest of the sun, searce sugar thinly all ouer them; then anon the Sunne will candy the Sugar; then turne the leaues, and searce Sugar on the other side; and turne them often in the Sunne, sometimes sprinkling Rose water, and sometimes searcing Sugar on them, vntill they be enough, and come to
your

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your liking; and being thus done,
you may keepe them.

*To candy Marigolds in wedges; the
Spanish fashion.*

TAke of the faire yellow Maricold-
flowers two ounces, and shred
them, and dry them before the fire:
then take foure ounces of Sugar, and
boile it to the height of Manus Chri-
sti: then powre it vpon a wet Pie-
plate, and, betwixt hot and cold, cut
it into wedges: then lay them on a
sheet of white paper, and put them
in a Stoue.

*To candy all manner of flowers in their
naturall colours.*

TAke the Flowers with the stalks,
and wash them ouer with a little
Rose water, wherein Gum-arabecke
is dissolued; then take fine searced
Sugar, and dust ouer them, and set
them

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them a drying on the bottome of a
Siue in an Ouen, and they will glister
as if it were Sugar-candy.

*To candy all sorts of Flowers, Fruits, and
Spices, the cleererock-Candy.*

TAke two pound of Barbary Su-
gar great grained, clarified with
the whites of two Egges, and boile
it almost as hie as for Manus Chri-
sti: then put it into a pipkin that is
not very rough: then put in your
Flowers, Fruits, & Spices, and so put
your Pipkin into a Still, and make a
small fire of small coles vnder it; and,
in the space of twelue daies, it will be
rock-candied.

To candy Eringo roots.

TAke your Eringo ready to bee
preserued, and weigh them, & to
euery pound of your roots, you must
take of the purest Sugar you can get

two

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two pound, and clarifie it with the whites of eggs exceeding well, that it may bee as cleare as Cryftall, for then it will bee very commendable: it being clarified, you must boile it to the height of Manus Christi, and then dip in your roots, two or three at once, till they be all candied, and so put them in a Stoue, and keepe them all the yeere.

To candy Enula-Campana.

TAke of your fairest Enula Campana roots, and take them cleane from the sirup, and wash the Sugar off them, and dry them againe with a linnen cloth; then weigh them, and to euery pound of roots you must take a pound and three quarters of Sugar: clarifie it well, and boile it to the height of Manus Christi, and when it is so boiled, dippe in your roots, three or foure at once, and they will candie very well; and so
stoue

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stoue them, and keepe them all the
yeere.

To candy Violet flowers.

TAke of your Violet flowers that
are good and new, and well co-
loured, and weigh them: to every
ounce of your Violet flowers you
must take foure ounces of refined
Sugar, which is very white and
faire grained, and dissolue it in two
ounces of faire running water, and
so boile it till it come to Sugar a-
gaine; but you must scum it often,
lest it bee not cleere enough: and
when it is boiled to Sugar againe,
then take it off, and let it coole, and
then put in your violet flowers,
stirring them together till the sugar
grow hard to the pan: this done,
put them into a box, and keepe them
in a stoue.

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To candy Gooseberries.

TAke of your fairest berries, but they must not bee too ripe, for then they will not be so good, & with a linnen cloth wipe them very clean, and picke off all the stalks from them, and weigh them: and to euery ounce of Berries you must take two ounces of Sugar, and halfe an ounce of Sugar-Candy, and dissolue them in an ounce or two of Rose-water, and so boile them vp to the height of Manus Christi; and when it is come to his perfect height, let it coole, and put in your Berries; for if you put them in hot, they will shrink, and so stir them in round with a wooden Spatter till they be candied; and thus put them vp and keepe them.

To candy Rosemary-flowers.

TAke of your Rosemary-Flowers, ready pickt, and weigh them; to
euery

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euery ounce of flowers, you must take two ounces of hard Sugar, and one ounce of Sugar-Candy, and dissolue them in Rosemary-flower-water, and boile them till they come to Sugar againe : which done, put in your Rosemary-flowers when your Sugar is almost cold, and so stirre them together till they be enough, and then take them out, and put them in a box, and keepe them to your vse in your Stoue.

To candy Borage-Flowers.

TAKE your Flowers, and pick them very cleane, and weigh them, and vse them in euery respect as you did your Rosemary-Flowers, saue this, that when they be candied, you must set them in a Still, and so keepe them in a sheet of white paper, putting euery day a chafindish of coles into your Still, and it will be candied very excellently, and that in a short space.

Here end the sorts of Candyng.

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To make Paste of Pippins, the Genua fashion,
*some with leaues, some like
Plums, with stalkes and
stones in them.*

TAke your Pippins, & pare them,
and cut them in quarters: then
boile them in faire water till they be
tender: then straine them, and dry
the pulp vpon a chafindish of coles:
then weigh it, and take as much Su-
gar as it weigheth, and boile it to
Marus Christi, and put them toge-
ther: then fashion them vpon a Pie-
plate, and put it into an Ouen being
very sleightly heat: the next mor-
ning you may turne it, and put them
off the plates vpon sheets of paper
vpon a hurdle, and so put them into
an Ouen of like heat, and there let
them remaine foure or five daies,
putting

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putting euery day a Chasingdish of coles into the Ouen : and when they be thorow dry, you may box them, and keepe them all the yeere.

To make paste of Eglantine, of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gum-Dragagant and Rose-water : then straine it thorow a strainer ; then take halfe a pound of refined Sugar beaten, and searced, and worke it vp into Paste with this straining : then print it with your molds : then stoue it, and then gild them.

To make Paste-roy. ll white.

TAke a pound of refined Sugar beaten & searced, & put into an Alablafter Morter, with an ounce of Gum-dragagant steeped in Rose-water :

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ter: and if you see your Paste be too weak, put in more Sugar; if too dry, more Gum, with a drop or two of oile of Cinamon, so that you neuer deceiue your selfe, to stand vpon quantities: beat it into perfect paste, and then you may print it with your moulds; and when it is dry, gild it, and so keepe them.

To make Paste-Royall in Spices.

TAKE of Cinamon and Ginger, of each a like quantity being finely searced: mingle it with your searced Sugar, and Gum-dragagant steeped in Rose-water, and worke it into paste, as you did your paste royall white, and then you may turne it vpon sticks made of peeces of Arrowes, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you please.

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To make Paste of Genna the true way.

TAke two pound of the pulp of Quinces, and as much of Peaches, and straine it, and dry it in a pewter platter vpon a chafindish of Coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Christi, and then put them together, and so fishion it vpon a Pie-plate, and dry it in an Ouen with a Chafindish of coles, vntill it bee thorow dry: and then, if it please you, you may spot them with gold.

To make Paste of Violets.

YOU must rake of your Violets that are ready picked, and bruse them in an Alabaster or Marble Mortar, and wring the iuice from them into a Porringer, and put as
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much hard Sugar in fine powder, as that iuice will couer: dry it, and then powder it againe, and then take as much Gum-dragagant steeped in Rose-water, as will bring this Sugar into a perfect paste: when it is perfect, take it vp, and print it with your moulds, and so dry it in your stoue, and not by the fire, for feare of danger: and when it is dry, gild it. It is a fine banqueting conceit.

To make Paste of Goose-berries.

TAke of your Goose-berries, and cut them one by one, and wring the iuice from them, till you haue gotten so much as you thinke will serue your turne: boile your iuyce a little, that it may bee thicker: then take as much double-refined Sugar as your iuice will sharpen, and dry it as you did for your Violets; and being dry, beat it very fine, and take as much Gum-dragagant steeped in red rose water, as will serue, and beat

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beat it into perfect paste in an Alabaster Mortar: and then take it vp, and print it with your moulds, vsing it in euery respect as your paste of Violets. This is excellent good for one that hath a weake stomacke.

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*Heere begin Ban-
queting Conceits, as
Marmelades, Quo-
diniackes, and
such like.*

To make Muskadine Confits.

TAke halfe a pound of Muske-Su-
gar beaten and searced : then
take Gum-Dragagant steeped in
Rose water, and two graines of
Muske, and so beat them in an Ala-
blaster Mortar till it come to perfect
Paste : then driue it very thin with
a rowling pin, and then cut it into
small peeces like diamonds; some cut
with

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with a rowle spoone on the sides:
being thus cut, stoue them, and so
keepe them all the yeere.

*To make Diocitonium simplex of
Quinces.*

TAke of your Quinces, and pare
them, and cut them in peeces, and
boile a pound of these peeces in a
quart of faire water, till they be very
soft: then let the liquor runne from
them, then take a pound of Sugar-
Candy, and beat it fine, and put it
into that liquor, and let it seeth till
you see it stand like gelly: then take
it from the fire, and put therein foure
drops of oile of Cinamon and Nut-
megs, and then put in five and twen-
ty leaues of fine go'd, and stirre it to-
gether, and so put it in fine Crystall
Glasses, and keepe it all the yeere.

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To make fine cryſtall Gelly.

TAke a knuckle of Veale, and foure Calues feet, and ſet them on the fire with a gallon of faire water; and when the fleſh is boyled tender, take it out: then let the liquor ſtand ſtill vntill it be cold, then take away the top and the bottome of that liquor, and put the reſt into a cleane Pipkin, and put into it one pound of clarified Sugar, foure or five drops of Oyle of Cinamon and Nutmegs, a graine of Muske, and ſo let it boile a quarter of an houre leiſurely on the fire, then let it runne thorow a gelly bag into a baſon, with the whites of two egges beaten; and when it is cold, you may cut it into lumps with a ſpoone, and ſo ſerue three or foure lumps vpon a plate.

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To make white leach of creame.

TAKE a pint of sweet creame, and
six spoonfuls of Rose-water, and
two graines of Muske, two drops of
oile of Mace, or one peece of large
Mace, and so let it boile with foure
ounces of Isinglasse: then let it run
downe thorow a gelly-bag: when it
is cold, slice it like brawne, and so
serue it out. This is the best way to
make leach.

To make a Walnut, that when you cracke
it, you shall finde Baskets and Car-
petts, and rowates in it, for a pretty
Poese written.

TAKE a peece of your Paste-royall
white, being beaten with Gum-
Dragagant, and mixed with a lit-
tle fine searced Cinamon, which
will bring your paste in a Walnut-
shell

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shell colour: then drive it thin, and cut it into two peeces, and put the one peece into the one halfe of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or foure Walnuts.

To make Quod niack of Plums.

TAKE two pound of Plums, and put them into a Posnet with a pound and a halfe of brasill Sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance runne thorow a Strainer, and then put it againe into the Posnet, and so let it boile till it come to his thicknesse, & then print it with your moulds on what fashion you please.

To make Biskett Ho.

TAKE two ounces of very fine Sugar, beaten and searced, and put
into

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into it halfe a Spoonfull of Amidum,
that is, white Starch; a graine of
Musk: then beat it into perfect Paste,
with Gum-dragagane steeped in
Rose-water: then make it into little
pretty loaves the fashion of Man-
chers, and so put a Wafer in the bot-
tome of euery one of them, and bake
them in a baking pan, but take heed
your pan bee not hot, and so specke
them with gold, and so box them. It
is a very fine banquetting conceit.

*To make a speciall sweet water to perfume
clothes in the solking, being
washed.*

TAke a quart of Damaske-Rose-
water, and put it into a glasse, put
vnto it a handfull of Lauender-
Flowers, two ounces of Orris, a
dram of Muske, the weight of foure
pence of Amber greece, as much Ci-
uet, foure drops of Oile of Cloues;
stop this close, and set it in the Sunne
a fort-

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a fortnight: put one spoonfull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding: the dregs, left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

To make Mosse powder.

TAke two pound of Mosse of a Sweet Apple tree, gathered betweene the two Lady-dayes, and infuse it in a quart of Damask-rose-water, foure and twenty houres: then take it out, and dry it in an oven vpon a Sues bottome, and beat it to Powder: put to it an ounce of Lignum Aloe beaten and searced, two ounces of Orris, a dramme of Musk, halfe a dram of amber greece, a quarter of a dram of Ciuet: put all these into a hot Mortar and Pestle, and beat them together: then searce them

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them thorow a coorse haire searce,
and put it into a bag, and lay it a-
mong your clothes.

To make Aromaticum Lozenges.

TAke of fine Sugar halfe a pound:
boile it with Red-rose-water, vntill
it come to the height of Lozenges;
& in the cooling, put in of the spices
of Aromaticum Rosarum, 4. drams,
with a little Confectio Alchermes,
and so make them into Lozenges,
gilding them first, and then cut them
square with a knife for that purpose:
and when you gild them, if your gil-
ding will not sticke on, wet them
gently with a little Rose-water, but
not too much, in any case.

*To make a Marchpane, to ice it, and
garnish it after the Art of
Comfit-making.*

TAke two pound of small Almonds
blanched, and beaten into perfect
paste,

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paste, with a pound of Sugar finely
searced, putting in now and then a
spoonfull or two of Rose-water, to
keepe it from ciling; and when it is
beaten to perfect Paste, roule it thin,
and cut it round by a Charger: then
set an edge on it, as you do on a Tart:
then dry it in an Oven or a baking
Pan: then ice it with Rose-water and
Sugar, made as thicke as Batter for
Fritters: when it is iced, garnish it
with conceits, and sticke long Com-
fits in it, and so gild it, and serue it.

*To make all sorts of banquetting Con-
ceits of March-pane stuffe, some
like Pies, Birds, Baskets, and
such like, and some
to print with
moulds.*

TAKE a pound of Almond Paste
made for the Marchpane, and
dry it on a Chafingdish of coles, till
you see it wax white: then you may
print

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print some with Moulds, and make some with hands, and so gild them: then stoue them, and you may keepe them all the yeere. They bee excellent good to please children.

To make all kinde of birds and beasts to stand on their legs, in cast-worke.

TAKE Barbary-Sugar, clarifie it, and boile it to the height of Manus Christi: then poure it into your moulds, they being seasoned as for your Quodiniack: let them stand a quarter of an houre, and they will be cold, and then you may take them out, and gild them.

To cast all manner of f utage hollow in turn'd worke, and put them in their colours, as Orenge, Lemmons, and the like.

TAKE your Sugar being boiled to the height of Manus Christi, and
put

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put it into your Alablafter moulds, being made of three peeces: turne it round about in your hand, while it is hot; and when it is cold, take it out, and put them in their naturall colours.

To make Prince-bisケット-bread.

TAke a pound of very fine Flower, as much Sugar thorowly searsed, one ounce of Anniseeds cleane pickt, take eight Egges, and a spoonfull of Muscadine, and beat all into batter as thicke as for Fritters: beat it thus in a Bowle one houre: then put it into your coffins of plate, or frames of wood, and set it in an Ouen, and let it remaine there one houre: you may slice some of them when they bee a day old, and dry them againe vpon a hurdle of Wicker: you may also take one of your leaues, and wash it ouer with the yolke of an Egge beaten with a little Rose-water, and while it is greene, cast Biskets
and

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and Carrowaies on it, and a little white Candy, and it will shew as if it did haile on it: then spot it with gold, and giue it to whom you please.

*To make the vsuall Bisket sold at
Comfit-makers.*

TAke a peeke of flower, and foure ounces of Coriander seed, one ounce of Anniseed, take three Egges, three spoonfuls of ale-yeast, and as much warme water as will make it as thicke as Paste for Manchets: make it in a long Rowle, and bake it in an Ouen one houre; and when it is a day old, pare it, and slice it, sugar it with searced Sugar, and put it againe into the Ouen; and when it is dry, take it out, and new sugar it againe, and so box it, and keepe it.

To

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*To make an especiall sweet Powder
for sweet Bags.*

TAke of the purest orris one pound,
of Red and Damaske Rose-leaves,
of each two ounces, of Cloues three
drams, Coriander seed one dram,
Ciprus and Calamus of each halfe
an ounce, Benzoin and Storax of
each three drams: beat them all saue
the Benzoin and the Storax, and
powder them by themselves, and
mix it with the rest of the powder;
then take of Muske and Ciuet, of
each twenty graines, Amber greece
ten graines, mix these with a little of
the foresaid powder with a warme
Pestle, and so by little and little you
may mix it with all the rest, and so
with Rose-leaves dried you may put
it vp into your sweet Bags, and so
keepe them seuen yeeres.

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*To make an excellent Marmelade, which
was given to Queene Mary for
a New yecres gift.*

TAKE a pound and a halfe of Sugar:
boile it with a pint of faire water,
till it come to the height of Manus
Christi: then take three or foure
small Quinces, one good Orange-
pill, both very well preserued and
finely beaten, and three ounces of
Almonds blanched, and beaten by
themselves, Eringo roots preserued
two ounces and a halfe, stir these with
the Sugar till it will not sticke: and
then, at the last, put in of Muske and
Amber dissolued in Rose water, of
each foure graine: of Cinamon, Gin-
ger, Cloues and Mace, of each three
drams; of Oile of Cinamon two
drops: this being done, put it into
your Marmelade Boxes, and so pre-
sent it to whom you please.

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*To make another sort of Marmelade very
comfortable for any Lord or Lady
whatsoever.*

TAKE of the purest Greene Ginger,
fix drams; of Eringo and Sate-
rion roots, of each an ounce and a
halfe: beat these very finely, & draw
them with a siluer Spooone thorow a
haire searce: take of Nut-kernels
and Almonds blanchèd, of each an
ounce, Cocks stones halfe an ounce,
all steeped in hony twelue houres, &
then boiled in milke, and beaten and
mixed with the rest: then powder
the seeds of red Nettles, of Rocker,
of each one dram; Plantane seeds
halfe a dram; of the belly and backe
of a fish called Scincus marinus, three
drams; of Diasaterion, foure oun-
ces; of Cantarides, adde a dram:
beat these very finely, and with the
other powder mix it: and so with a
pound of fine sugar dissolued in Rose-
water,

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water, and boyled to Sugar againe, mingle the powder and all the rest of the things, putting in of leafe gold six leaues; of pearle prepared, two drammes, Oile of Cinamon six drops: and being thus done, and well dried, put it vp in your Marmelade boxes, and gild it, and so vse it at your pleasure.

*To make a blanch for any
Ladies face.*

TAke of white Tartar two drams, Camphire one dramme, Cope-ras halfe a dramme, the whites of foure Egges, juice of two Lemmons, oile of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter almonds two ounces; all must bee powdred and mixed with the oile and water, and then boiled vpon a gentle fire, and straine it, and so keepe it: the party must rub her face with a scarlet cloth, and then

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then ouer night wash her with it, and
in the morning wash it off with bran
and white wine.

*To make printed Quodiniacks of
Quinces, a ruby colour.*

TAKE two pound of Quinces pared,
and cut in small peeces, and put
them into a Posnet with three pints
of faire water, and so let them boile
till they bee tender: then put into
them a pound of Sugar, and let it
boile till the fruit fall to the bottome
of the Pan: let the liquor run tho-
row a strainer into a Bason, and put
it into a faire Posnet, and let it boile
till it come to his colour and thick-
nesse: then print it with your molds:
you shall know when it is ready to
print, by rolling a little vpon the
backe of a Spooone; and if you see it
will stand, and not run downe, print
it. In like sort you may make your
Quodiniack of Pippins; your Pip-
pins will hold all the yeere.

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*To make Quodiniacks of Raspices, or
English Coriants.*

TAke Raspices ripe and well coloured, and put them in a dish, and put to them foure spoonfulls of Rose-water, and mix them together with the backe of a Spooone; then wring the liquid substance thorow a linnen cloth: season it by your mouth with Sugar till it bee sweet enough: then boile it on a Chafing-dish of coles in a dish, till it be ready to print; then print it in your moulds, and box it, and so keepe them.

Here end the conceits of Banqueting.

Your Moulds must lie in water one night before you vse them; and an houre before you print with them, take them out of the water.

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CORDIAL WATERS.

Aqua Cœlestis.

TAke of Cinamon six ounces,
Cloues one dram, Nutmegs
one dram and a halfe, of Gin-
ger two drams and a halfe, of Gal-
lingale one dram and a halfe, Cubebs
two drammes, Calamus-roots one
dram, all bruised and kept in a paper:
then take of Bettony and Sage-flow-
ers, of each a handfull; Marioram,
Penniriall, of each halfe a handfull,
bruised likewise: then take of these
powders, of Aromaticum Rosarum
three

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three drams; Diambrae, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halfe: you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well euery day, and then distill it in your Limbeckes; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

To make Cinamon water.

TAKE one pound of the best Cinamon you can get: bruiſe it well, and put it into a gallon of the best Sack, and infuse it three daies and three nights, and then distill it as your Aqua Cœlestis.

To make Doctor Steeuens water.

TAKE of Rose-leaues on dram, Borage, Buglosse, Violets, and Rosemary-

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mary-flowers, of each a dram and a halfe, Spikenard a dram, Cinamons. ounces, Ginger an ounce, Cloues & Nutmegs, of each halfe an ounce, Cardamons a dram and a halfe, Gallingle two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds and Fennell, of each an ounce, Lignum Aloes halfe a dram, Corall and Pearle in fine powder of each one dram; bruse these, and put them in a pottle of Aqua-vitæ, and a quart of Sacke, vsing it in euery respect as your Aqua-Cœlestis.

To mak Balme-water.

TAKE Balme, dry three ounces, Time, Peneriall, of each an ounce, Cinamon foure ounces, a dram of Cardomus, Graines halfe an ounce, sweet Fennell-seeds an ounce, Nutmegs and Ginger, of each a dram, Gallingle one ounce, Calamus and Cyprus, Cubebs and Pepper, of each two drams, of Capers-roots halfe a dram,

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dram, of Diptamus one dram: bruise these things, and put them to a pottle of Sack, and steepe them 24. houres, and then vse it as the former waters.

Angelica water.

TAKE Cardus dry a handfull, Angelica roots three ounces, of Myrrh one dram, Nutmegs halfe an ounce, Cinamon, Ginger, of each foure ounces, Saffron one dram & a halfe, Cardomons, Cubebs, Gallingle and Pepper, of each a quarter of an ounce, Mace two drams, Graimes one dramme, Lignum Aloes, Spike-nard, Iuncus Odoratus, of each a dram; Sage, Borage, Buglosse, Violets and Rosemary flowers, of each halfe a handfull; bruise these, and steep them in a pottle of Sack twelue houres, and distill it as the rest.

Rosa-solis.

TAKE Liquorice eight ounces, Anniseeds, Carroway, of each an ounce, Raifons stoned, Dates, of each 3. ounces, nutmegs, ginger, cinamon,
C-3 Mace,

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Mace, of each halfe an ounce, Gallingle a quarter of an ounce, Cubebs one dram. Figs two ounces, Sugar foure ounces: bruise these, and distill it with a gallon of Aqua-vitæ, as the rest: but when it is distilled, you must colour it with the herbe Rosa-solis, or else Alkanet root.

Wormewood-water.

TAke of Wormewood two ounces and a halfe; Sage, Bittony & Rue, of each halfe a handfull, Rosemary tops a handfull, Cinamon 3. ounces, Nutmegs halfe an ounce, Cloues and Mace, of each halfe a dram, Ginger an ounce; Gallingle, Cubebs and Spikenard, of each a dramme and a halfe, of Scordium halfe a handfull: bruise these, and put them into a pottle of Sacke, and a pint of Aqua-vitæ, and steepe them foure and twenty houres, and distill them as the rest.

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and Gentlewomen.



HERE BEGIN Conserues.

To make Marmelade of Quinces.

TAke your Quinces, and boile them tender : then pare them, & cut them to the core : then draw the pulp, that is, the Quince, thorow a haire Searce, and weigh it: to euery pound of pulp, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boiling a little Oile of Cinamon; and when it is boiled enough, that it will not sticke to the pan, put it into your Marmelade-Boxes. But your conserue must not bee boiled

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so high in any case, for then it will not be so good.

To make Conserue of Red and Damaske Roses.

TAke of the purest and best coloured buds you can get, and clip off the whites from them; and to euery pound of leaues, you must take three pound of Barbary Sugar, and beat them together till they be very fine; & then with a wooden Spatter take it vp, and set it on the fire till it bee thorow hot, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Violets.

TAke of your Violet Flowers, and pick off all the blew Flowers, and keepe them, & weigh them, and take to euery ounce of Flowers, 3. ounces of refined Sugar, and beat them in an Alabaster Mortar till they bee very fine, and then take them vp, and put them into an earthen Pipkin, and set them

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them vpon the fire till such time as they be thorowly hot, and then take them off, and put them vp, and keepe them.

To make pectorall rowies for the Cough.

TAKE Liquorice-powder finely searced one ounce, of the Spices of Diadragaganthum frigidum 2. drams, of Gum-Arabeck and Dragagant in fine powder, of each a dram, white Starch halfe a dram, Anniseeds in fine powder one ounce, mingle with the rest: then take of Sugar six ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdered and mingled with the former Powder: then take Gumdragagant steeped in Rose-water, and beat it into paste, and so make it into long roubles, and so dry them and keepe them.

To make Conserue of Borage flowers.

TAKE of your Borage flowers well coloured, & picke the blacks from
C 5 them,

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them: then weigh them: to euery ounce of flowers, you must take three ounces of Sugar, and beat them together in a Alabaster Mortar with a wooden Pestle till they bee very fine, so that you cannot discernie any Sugar in lumps: then take them out, and put the Conserue into a Pipkin, and heat it thorow hot: and hauing thus done, put them vp, and keepe them all the yeere.

To make Conserue of Rosemary-flowers.

TAke your Rosemary Flowers, fresh and good, and picke them from the greene tuske: weigh them, and take to euery ounce of flowers, three ounces of Sugar-Candy, and beat them very fine, vsing them in euery respect as you did your other Conserues.

To make Conserue of Buglosse-flowers.

TAke your Buglosse-flowers, and picke them as you did your Bo-
rage

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rage Flowers, and then weigh them, and to euery ounce of Flowers, you must take two ounces of hard Sugar, and an ounce of Sugar-Candy, and beat them together till they be exceeding fine, and then set them on the fire, to dissolue the Sugar; and when it is dissolued, and the conserue hot, put it vp and keep it all the yeere.

To make a Pomander.

TAke of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Alocs in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these very fine, and searce them thorow Lawne: and then take of Muske a dram, Ambergreece ten grains, Ciuet ten graines, and dissolue them in a hot Mortar with a little Rose-water, and so make them into a Pomander, putting into it six graines of Ciuet.

To

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To make Conserue of Barberries.

TAke of your Barberries which are very red and ripe, and picke them from the stalks, and then wash them, and put vnto them a pretty deale of faire water, and set them on the fire in an earthen pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine Searce, and to euery pound of Pulp, take a pound of powder-Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

To make Conserue of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one houre or two at the most, they will lose their colour, and doe you very little seruice: therefore weigh them presently, and to euery ounce of flowers, you must take three ounces of double-refined Sugar, and
beat

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beat them together in a Mortar of Alabaster and a wooden Pestle, till such time as they bee thorowly beaten: for, the better the Flowers and Sugar be beaten, the better will your Conserue be; let this alwaies be for a generall rule: and being very well brayed, you must take them vp, and put it into a Chafer cleane scoured, and set it on the fire till it be thorowly hot: then take it off, and put it vp, and keepe it all the yeere.

To keep Cucumbers in pickle all the yeere.

TAke foure gallons of conduit water, and put into it three quarts of bay-Salt, two handfuls of Sage, one handfull of Sweet Marioram, and foure handfuls of Dil: let these boile till it come to three Gallons, and then take it off; and when it is almost cold, put a hundred of Cucumbers into that liquor, into a butter-barrell, and keepe them all the yeere, but looke that alwaies the herbs lie vpon them:

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them : and thus done, it will be a most excellent Sallet with Oile, Vinegar and Pepper.

An exceeding fine Pill used for the Gowt.

TAke of Aloes two ounces, Mastike three drams, Agrick halfe an ounce, Ginger halfe a dram : let these bee powdred very fine : then take of the extraction of Rubarb three drammes, and with white wine let them bee incorporated into a masse of pilles, adding vnto them a drop of Oile of Cloues, and as much of Nutmegs.

A medicine for the Gowt.

TAke of the Slips of Starres to the number of foure, and then take to euery slip foure snailles, and put them into an earthen Pot, and sprinkle foure or fife handfuls of Salt vpon them, and then put to them Sage, Rue, Wormewood and Hysop, of each

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each foure handfuls, and so distill them; and when you haue distilled them, put to them a quart of Wine-Vinegar, wherein an ounce of white Mercury is dissolued, and so bathe the place infected with the Gowt, and it will ease them presently.

To make Sirup of Pomcitrons.

TAKE Pomcitrons, and cut them in halues, and iuice them, but beware you wring them not too hard, lest it be slimy; and then take to euery pint of iuice three quarters of a pound of refined Sugar, and boile it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you boile it not on too hot a fire, lest it burne: and then, when it is boiled enough, put it vp, and keepe it all the yeere.

To

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To make Sirup of Violets.

TAke your Violets, and picke the Flowers, and weigh them, and then put them into a quart of water, and sleepe them vpon hot embers, vntill such time as the Flowers bee turned white, and the water as blue as any Violet: then take to that a quart of infusion, & take foure pound of clarified Sugar, and boile it till it come to a sirup, scumming and boiling them vpon a gentle fire, lest it turne his colour: and being boiled, put the Sirup vp, and keepe it,

To make Sirup of Liquorice.

TAke your Liquorice eight ounces, & scrape it very cleane, and bruisse it very well, and maiden-haire one ounce, Anniseed and Fennell seed, of each halfe an ounce: steep these in foure pints of raine-water halfe a day, and then boile it to a quart: then

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then take a pound and a halfe of clarified Sugar, and boile it with that liquor till it come to a sirup, and then put it vp, and keepe it.

To make sirup of Hore-bound.

TAKE of Hore-bound two handfulls, of Colts-foot a handfull, of Time, Penniriall and Calamint, of each two drams, of Liquorice one ounce and a halfe, of Figs & Raisons of the Sunne, of each two ounces, Piony kernels a quarter of an ounce, Anniseeds and Fennell seeds, of each a quarter of an ounce : boile these in a gallon of faire water, till it come to a pottle or three pints, and then strain it, and take three pound of Sugar, and three Egges, and clarifie that liquor, and so boile it to a sirup, and so keepe it all the yeere.

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To make Sirup of Maiden-haire.

TAke of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced: steep these 24. houres in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor vpon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may bee the cleerer; for, the cleerer it is, the better it is: and being boiled enough, put it vp.

To make Sirup of Hysop.

TAke of Hysop one handfull, of Figs, Raisins, Dates, of each an ounce, of Calamint halfe a handfull, of French Barley one ounce: boile these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Eggs, and two pound of Sugar, and so boile them

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them to a Sirup: and being boiled enough, keepe them all the yeere.

To keepe Cherries all the yeere, to haue them at Christmas.

TAKE of the fairest Cherries you can get, but be sure that they be not bruised, and take them, and rub them with a linnen cloth, and put them into a barrell of hay, and lay them in ranks, first laying hay in the bottome, and then cherries, and then hay againe: and then stop them vp close, that no aire may come neere them, and lay them vnder a Feather-bed where one lyeth continually: for the warmer they are, the better, yet neere no fire: and thus doing, you may haue Cherries at any time of the yeere.

To

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To make Sirup of Mulberries.

TAKE your Mulberries which are very ripe, presse out the iuice from them thorow a linnen cloth betweene two sticks, and then to euery pint of iuice, take a pound of Sugar, and boile it to the height of a Sirup, and then keepe it all the yeere long: and if it wax any thing thinner, a moneth after you put it vp, boile it againe, and then put it vp.

To make Sirup of Lemmons.

TAKE your Lemmons, and cut them in halues, and betwixt your fingers iuice them, and the liquor that runs from them will be very cleare; then take to a pint of iuice, a pound and a quarterne of hard Sugar, which is very white, and boile it to a Sirup, and it will keepe excellent well.

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and Gentlewomen.

To make Sirup of Roses solatine.

TAKE of Damaske Roses, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske rose leaues, and take them out when they looke white, and doe so ten times, and then the water will looke red: and then, to euery pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarifie it, and boile it to a Sirup, and keepe it all the yeere. The thicker the Sirup is, the better it will keepe.

To make Sirup of dry Roses.

TAKE of red Roses dried foure ounces, and infuse them in a quart of faire water vpon hot embers till the Roses haue lost their colour: then take a pound and a halfe of Sugar, and clarifie your liquor

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quor and Sugar with two Egges, and
then boile it to the height of a Sirup:
but take heed in any case, that you
set not your sirup vpon too hot
a fire: for then it will lose
his colour, and bee
worth nothing.

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and Gentlewomen.



*A Medicine to giue
a woman in Travell,
to make her haue
Throwes.*

TAke corall, amber, date stones,
Pearle, Piony-seeds, Saffron,
Commune: beat all these in
powder, and put it into Malmesie,
and take Vnicornes horne, and put it
into a spoone with a little Malmesie,
and giue it to her, and presently let
her drinke a draught of the Malmesie,
with the powders aforesaid, warming
of it a little.

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*A Medicine for the falling downe of the
Matrice to the bearing place.*

TAKE Chickweed, and see the it in
an earthen pot : then lay of it
vpon a peece of Scarlet, as hot as the
party may suffer it : let her take it to
the priuy place, and as one plaister
cooles, so lay another, and vse it.

*Another for to be taken to the Nauill, and
to the backe right against the
Nauill, for the same.*

TAKE a red Onion, and rost it
very tender : then take of Ally-
sander seeds, and bruiſe them in a
woodden diſh, and mingle the Onion
and the bruiſed ſeeds together, and
lay it vpon a peece of linnen cloth :
ſo lay it to the Nauill a little warme :
roule that on, and let it lie on 24.
houres,

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houres: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Muske below (tied in a litle Lawne) to draw downe the childe.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to stay other flowers.

A Medicine for a woman after burden, if need be, to bring it downe.

TAke Sothern-wood, and wash it cleane, and stampe it, and straine it in strong Ale, and giue it her to drinke warme.

To stop the Whites in women.

FRy Hemlecke in fresh Swines greace: lay it as hot as shee may suffer it, to the secret place.

D For

A Closet for Ladies

For a Tetter.

TAKE Oats and seeth them in water, and where the Tetter is, hold ouer the reeke thereof, as hot as may be, laying a cloth ouer it, to keepe in the reeke, so that the cloth doe not touch the Tetter: vse this fīue times morning and eueing.

*To make a Sear-cloth for an ach that
is newly come,*

TAKE Boares grease, Camphire and wax, and boile them all together, and so make a Sear-cloth thereof, and lay it to the grieve.

For a Felon or an Handcome.

TAKE Herb-grace, rusty Bacon, sowre Leauen, and Snailes that be with shels on their backs, taking them out of their shels, and beat all these together, & lay it to the grieve.

For

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and Gentlewomen.

*For to heale any, if they be scalded
with hot liquor,*

TAKE Alehose and Auens, sheeps
suer, and sheeps dung, and Goose
dung, and when you haue washed
the herbs, breake them all together a
little, and so fry them together, and
then straine it, and make Plaisters
thereof, & lay it to the grieve: warme
it a little when you lay it to, laying
new plaisters to it twice a day: you
may take the iuice of Housleek, and
sallet oile, and water, and beat them
together, and wash the grieve before
you vse this Plaister.

A Medicine for the Whites.

TAKE a quart of new Milke of a
red Cow, 10. spoonfuls of Red-
rose water, a pomgranet pill beaten,
and a little Cinamon beaten, & seeth
it halfe away: sweeten it with Sugar,
and drinke a draught morning and
euening, & two Whites of Eggs beaten.

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*A Medicine for them that are giuen
to bleeding.*

MAke a Posset, and take off the
curdy and take Liuer-wort, and
beat it, and put the iuice thereof into
the Posset-drinke, and drinke it mor-
ning and euening warme.

For the heat in the Kidnies.

TAke Housleek and Plantane, and
do not wash them, but wipe them
with a cloth, and beat them, and
straine them, and put to the iuice
thereof Red-rose-water, and Wine-
vinegar, and womans milke, and take
the herbs, and put them into clothes,
and tie the clothes with thred like a
couple of bals, and you must (when
you doe vse it) haue one to doe it for
you in the morning when you are in
your bed: and the party must take
the bals, and dip them in this liqour,
and so bathe your Kidnies; and as
soone

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soone as one of the balls is hot with
doing of them, take the other, and so
use it an houre euery morning.

A Medicine for the Stone.

TAke Pellitory of the wall, Smal-
lage, Hollikockes, Mallowes, Tan-
sie and Saxifrage, of each a handfull:
chop them small, and quill them in a
littell linnen bag: then take 3. pints
of creame, halfe a pint of Malmisie, a
quarter of a pint of running water,
and set them on the fire; and when
it doth seeth, then put the bag of
herbes into the pot; and when the
bag is thorowly hot, wring it between
two trenchers ouer the pot to saue
the liquor: then lay the bag to the
griefe as hot as you may suffer it; and
as soone as it cooleth, make it hot
againe in the same liquor, and so ap-
ply it to the griefe.

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For the Wormes.

TAke a handfull of Basill mints, a handfull of Lauender Cotton, as much of Worme-wood, Peach-leaues as much, Fetherfue a handfull, of vnset Leekes a handfull: boile them together in three spoonfuls of Wine-Vinegar, and of his owne water as much, and quilt them in a bag, and so lay it warme betweene his nauill and his stomacke.

To heale a sore brest that comes with the infection of the milke.

TAke Mallowes and Saffron, and seeth them in Milke, and when it hath sodden a good while, put in some crummes of leauen bread, and boile them well together; and a little before you take it vp, put some Sallet Oile into it: you must let it boile till it comes to a Poultis, and so lay it warme to your brest: if you perceiue
- that

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that this will not helpe your brest without it bee broke, you must rost a Lilly root, and lay it to your brest where you will haue it breake : and when it is broken, you must rent it with leauen and milke sodden thicke together, and make a Plaister thereof, and lay it to the place where it is broken : you must dresse it twice a day, laying the Poultis all about your brest, sauing the place that the Plaister lies on : you must dresse it both with new Poultis and a new Plaister twice euery day, till it begin to heale, and then once a day is sufficient.

To stanch bleeding at the Nose.

TAke Bolerminacke, and the white of an Egge, and Vinegar, and beat them together, and make Plaisters thereof, and lay them to your Temples.

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To stanch the bleeding of a wound.

TAke of vnset Hyfop, and bruiſe it a little, and take the powder of the bone that is to be found in a Capers head, and ſtrew the ſame powder on the Hyfop, and lay it to the wound.

Another for to ſtanch the bleeding of a wound.

TAke Hogs dung hot from the Hog with Sugar, and lay it to the wound.

For the weakneſſe in the backe.

TAke Clary and Dates, and the pith of an Ox, and put them together, and then put them to your creame, and Egges, and grated bread, and fry them together, and ſtrew Sugar on it, and eat it in the morning faſting, and you muſt put ſome white

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white Sanders in it also when you
temper it together.

For the Wormes.

TAke Mares milke, and drinke it as
hot as you can haue it from the
Mare, in the morning fasting.

*To know whether a Childe hath the
Wormes or no.*

TAke a peece of white Leather, and
pecke it full of holes with your
knife, and rub it with Worm-wood,
and spread hony on it, and strew the
powder of Alefackatrina, and lay it
on the childes Navel when he goeth
to bed, and if he haue the Wormes,
the plaister will stick fast; and if hee
haue them not, it will fall off.

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For one that is bruised with a fall.

TAke stone Pitch and beat it, and drinke it with white wine, or sack, or Malmfie; and if you haue none, then take some other liquour: then melt Parmacitie, and anoint the place where the bruise is.

For the Wind-Collicke.

TAke Parsly-seeds, and bruise them, and seeth them in Sack, and drink it warme when you haue your paine.

For the Gonor that is newly come.

TAke Rubarb, and grate it, and mingle it with Conserues of red Roses, and eat thereof euery morning fasting a prety quantity.

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A Water to wash a Sore.

TAke of Plantane, and Woodbine-leaues, and white Roses, and still them together, and when the water is stilled, put a quantity of Camphire into it, and so let it lie in the water continually.

For the shrinking of the Sinnes.

TAke the marrow of a horse bone and the crops of Elders, and as much of Sage, and chop them together, and boile them in the marrow, and then straine out the herbs, and put to the liquor one spoonfull of hony, two spoonfulls of Aqua-composita, and a quantity of Pepper, and boile it againe, & keep it for your vse.

For the Piles.

TAke a quantity of Ragwort, and a quantity of ground-luic, and the

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the marrow of the hinder leg of a Bullocke, and beat the marrow and the herbs together, and boile them on a soft fire, and straine them, and keepe it for your vse.

A Salve to take dead flesh out of a sore.

Take a spoonfull of Vinegar, and a spoonfull of Hony, and a quantity of Verdi-greece, and as much Allome, and boile all these together, and keepe it for your vse.

For the staying of the Flux.

Take a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill vp the Egge with Aqua-Composita, and stirre it together, and rost it, and sup vp the Egge in the morning fasting: till you be well vse this.

Another

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Another for the same.

MAke Rice-pottage with Almond-milke : you must not blanch the Almonds, and make little bals of Virgin-wax : make them lesse then Pease, and when you doe eat of the Pottage, take three or foure of the Balls, and put them in euery Spoonfull as you doe eat it.

For the Gowt.

TAke an earthen pot, and put into it a quart of Aqua-Composita, and take two handfuls of Henbane, and break it, and put it into it, and set the pot in the earth all the month of May, and it will come to an Oile; and at the end of May, you must take it vp, and keepe it for your vse: you must couer the pot very close when you set it in the ground; and when you anoint the grieve therewith, you must doe it against the fire.

For

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For the Piles.

TAke Martlemasse beefe, and dry it, and beat it to powder, and then put it into a chafindish of coles, and set it in a chaire, and sit ouer it.

For an Ague.

IF it be for a childe, take two spoonfuls of good Ale, and seeth it, and scum it, and one spoonfull of the Sirup of Roses, and let him drinke it lukewarme: if for an old body, then take three spoonfuls of good Ale, & two spoonfuls of the Sirup of Roses.

To make a fresh Cheese.

TAke a quantity of new Milke, and set it on the fire, and let it boile, and take halfe a dozen yolkes of Eggs, and beat them, and stir them in the milke on the fire: then take it off the fire, and keepe it stirred till it be lukewarme,

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warme, and then put Runnet into it, and stirre it, and let it stand till it bee gathered together, and take vp the Curd, and put into it Cinamon and Ginger, and stirre it about, and make dishes of it, as you thinke good.

A Medicine for a pestilent Ague; or to drive any thing from the heart.

MAKE a Possiet with white wine, & take away the curd, & take horse dung of a stone-horse, as hot as you can get it from the horse, and straine it with the Possiet-drinke, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne: and if you haue no Vnicornes horne, then put Iuory or Sea-horse-tooth, and giue it to the sick to drink fasting in the Morning, warming it, and you must put the Vnicornes horne into the spoone, and take it with some of the Possiet-drinke,
and

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and so drinke the Posset presently after it, and vse this two or three mornings.

*A Medicine for the sorenesse in the throat,
that commeth with the
Rheume.*

Take halfe a pint of Hony-suckle-water, and two lewes cares, of Plantane and Sinkfield halfe a handfull, and a few Columbine leaues: these must bee sodde with as much white Sugar-Candy as will bring the liquor to a Sirup: you must put in a litle Howell, Cinamon, and so take it in the morning, and in the evening, and at such times as your throat is dry.

*Another for the falling of the Eualow, or
other paine in the throat.*

Take a handfull of red Sage, a spoonfull of Dill-seed, a peece of leauen:

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leauen : boile these in a little new milke till it be thicke : then lay it on foure fine clothes, and lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and binde the clothes, and doe this as often as need shall require: for it hath beene proued.

A Salve for a greene wound.

Take a pound of Rosin, halfe a pound of Wax, foure ounces of old Swines grease, one ounce of Verdigrease: boile them all together vpon a hot fire, and straine them.

*A water to heale all sores in legs,
and vlcers.*

Take a pound of Roch-Allome, 4 ounces of greene Coperas: beat them somewhat small, and put them in a pan on the fire, euer stirring them till they bee molten and dried againe,

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again ready to be powdred, and beat them again in fine powder, and keep them to your vse. When you will make your water, set a pottle of faire Conduit water ouer the fire, till it boileth fast: then take it away, and as soone as it leaueth boiling, cast abroad your powder on the water, the which will make it to boile: as long as your water riseth, so long cast your Powder in; and when it leaueth rising, and is blacke in the bottome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in water, and roule it vp: doe so till the Vlcer bee cleane.

A very good water for a sore mouth.

TAke of Conduit-water a pint, one handfull of Hysop, of white wine, and of Almonds a pound, of Roses three ounce: seeth them all together till

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till the herbs be tender : then take it from the fire, and straine it, and keep it for your vse: you must alwaies wash your mouth, and rub it after meat, and in the morning.

A Castile to breake any swelling that is ready to breake.

TAKE of Commine, of Hyssop, and of quicke lime a like quantity: bray them together in a Mortar, till it be very fine: when you would open an Impostume, lay it as big as an hassell Nut vpon the next place, and binde it very hard, and let it remaine there foure houres: then take it off, for it will make the place dead, and then you may let out the matter without grieve to the patient.

A Catitus Plaster.

TAKE of Litrage of gold powdered, very fine, comon oile, hogs grease

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a pound, white Coperas foure ounces: put them all together in a brazen Pan, and seeth it ouer a very soft fire of coles, and try it continually vntill it come to a body; and in the boiling you must cast it into one ounce of good Rose-water, or two, and now and then a spoonfull; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made vp in a rowle, and then make it vp.

To make Populier.

TAke of Populer-buds a pecke, of hogs grease foure pound: seeth them both together a quarter of an houre, and then take it off, and strain it: if it bee too thin, put in a litle Wax.

Basilicon.

TAke Pitch, Rosin, Wax, Sheeps Suet, common Oile, a like quantity:

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tity: beat them small, and put them in a brazen Pan, and melt them all together: then take them off the fire, and straine them thorow a coorse linnen cloth, for the Pitch will not bee molten: this is good for all manner of sores; and when you will put in a Tent, mix it with the yolk of an Egge.

Matuacum Poulinis.

TAke Onions, Garlick, Dow, Lilly-roots, a little quantity: roast them all in a wet cloth vnder ashes, and then put them in a Mortar, and beat them small: this is good for all Inpostumes to breake them out.

A Medicine to heale old sores.

TAke Plantane, Bramble-tops, Orpin, Bettonie, Egremenie, of each a handfull: strain them, and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and Sheeps suet, of each foure ounces:

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ounces: boile them all together till the iuice be confirmed: then straine it, and keep it to raise flesh, and heale old sores.

A plaister to heale old sores after they bee made cleane, and filled with flesh.

TAKE Sallet-oile halfe a pint, Lead a quarter of a pound: boile these till they be blacke, and keepe them for your vse.

To cleanse a sore, and take away the dead flesh.

TAKE Wood-binde Flowers, white Roses, Plantane, and still them together; and when it is stilled, take six penniworth of Camphire, and put it into a quart of the water, and set it in the Sunne for ten or twelue daies, and so wash the sore withall.

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A medicine for a sore throat.

TAke a pint of milke, halfe a handfull of Cellumbine leaues, halfe a handfull of Gasell, and halfe a score leaues of Sinkfield, two lewes cares, and so the party must vse it, euening and morning, and gargale it in his throat.

A Medicine that will heale any wound or sore, and keepe it without proud flesh, or dead flesh.

TAke halfe a pound of wax, a quarter of a pound of Sheeps suet, a quarter of a pound of rosin, & a quarter of a pound of Turpentine, halfe a pint of Sallet-oile, two handfulls of Bugle which growes in the Wood, a handfull of Smalage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunsell, and a handfull of Balme: stampe and straine the herbs,

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herbs, and put the iuice into the
foresaid things, being a while boy-
led: then seeth them together a
quarter of an houre: then take it
from the fire, and let it stand till it
bee cold: then take away the Smal-
lage from the bottome: then take
some of your Balm-water, and put in-
to it, so much as will make it greene,
and let it boile together halfe a quar-
ter of an houre, and so take it to your
vsc.

AGlister.

TAke Camomile, Bettony, Dill,
Pellitory of the wall, Hyssop,
Rue, of each a handfull: boile these
in the broth of a Sheeps head, till
the broth bee very slippery: then
take a pint of the broth strained,
and put two of the Pils of Diabes,
of each a crowne weight and a halfe;
Diacatholice, Diaphenicon, of each
halfe an ounce; Oile of Camomile,
Oile of Dill, of each an ounce, a
little

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little salt, and a glister: if you will haue it breake wind, put into the foresaid Commine-seed, Fennell-seed, Anni-seed, of each bruised two good handfulls, and boile all together, and strain it, and make it as aforesaid, and put in the glister.

*To take away the heat of a burne, or
out of a scald.*

TAke egges, and roast them as hard as a stone: then take out the yolkes of them: then take a Frying-pan, and put in the yolkes of the hard egges, and so let it fry till it come to an oyle: then straine it, and annoint the burne withall: then take a bladder, and annoint it with Sallet-oyle, and lay it to the burne.

To make another Glister.

TAke running water, two handfulls of Carmon, a handfull of Malloves, a handfull of Worme-wood, a
E hand-

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handfull of Mercury, an ounce of Commine, two ounces of Fennell-seeds, two ounces of Anniseeds: beat all your seeds, and set your herbes a boiling, and straine them.

A Medicine for one that is broken.

TAke a quantity of Comfrey, a quantity of Knehorne, a quantity of knotted grasle, a quantity of Ribervorum, and a quantity of Polipody: stampe them all together, and straine them in Ale, and then giue the patient the same to drinke cold, and trusse him vp with some bolster, and let his diet be but competent, eschewing all slippery meats, as Butter, and such like: prouided alwaies, that the Patient keepe his bed six or seuen daies, lying vpon his backe, and sometimes hold his belly with his hand.

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To make a Poultis for swelling.

TAke the crum of Manchet, and
seethe it in milke till it be thicke:
then put in a peece of new Butter a-
bout the quantity of a Walnut, or
somewhat more.

For the Rhume.

TAke a little quantity of Masticke,
and as much Pellitory of Spaine
cut in small peeces: sew them in a lit-
tle bag of linnen cloth: keep the bag
in your mouth till the Pellitory and
the Mastick be consumed, and spee in
the meane time as much as you can.

For the Tooth-ake and the Rhume.

TAke a quantity of Gum of Iuie:
put it in a little bag of linnen: then
wet your bag in Aqua vitæ or Vine-
gar, and keep it in your mouth till the
Gum of Iuie be consumed: hold the

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bagouer or vpon the hollow tooth.

A water for the eyes.

TAke a pinte of white wine: then heat a stone called Lapis Calaminaris, redhot, nine or ten times in the fire, and quench it euery time in the wine: the last time you quench your stone, stir it about in the wine: then keepe your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and euening.

For the eyes.

TAke Rosemary, Housleeke, red Fennell, and rost an egge, and take out the yolke: beat these herbs together and straine them.

For the paine in the head.

TAke of the best sallet oile you can get, and the flowers of wild primroses,

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roses, and put them into the oyle, and then set it on the fire, and let it boile halfe an houre very softly : then put it in a glasse, and set it in the Sunne three weekes, and then rub your temples euening and morning. E.C.

A Gargas for to purge the head.

TAke a pinte and a halfe of wine- Vinegar, Mustard seeds, Ginger, Cloues, Nutmegs, Pellitory-roots, about the quantitie of one ounce : when they are beaten, put it into the liquor, and stir them together for the space of a week : then gargase it euery morning before you vse the oyle to your head.

For a pin and a web.

TAke the oyle compacted of the bone of a Gooses wing, and rub it in the palme of your hand, that no shiuers of the bone do stick in it, and

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put it in with the point of a pin: for, the bignesse of a pins head is enough at once.

For a swelling.

TAke Barrowes grease, and Southernwood, and Aqua vitæ, and boile it together: and when you haue boiled it, straine it in a pan.

For a Bone-ache.

TAke two or three handfulls of Camomile, a quarter of a pound of sheepes suet chopt small, and a peece of stone-pitch of the quantity of a Walnut, and a peece of leauened bread in it crumbled very small: boile it in your owne water, till it be very thicke, that you may spread it vpon a cloth like a plaister, and lay it on the place where the ache is for foure and twentie houres, and so dresse it three times: if you doe, it will take away the ache.

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A Medicine to heale an old sore, or a new.

TAKE a quarter of a pound of Rosin,
and melt it in a pan till it haue left
cracking, and then take halfe as much
wax, and a little Turpentine and
sheeps suet chopd smal, and a spoone-
full of Oile-Olive, and boile them
al together, and when you haue done
so, straine them in a paille of water,
and make it vp euen as you will occu-
pie it, and draw your plaisters thin,
and dresse it three times a day, that is
to say, at morning, noone, and eue-
ning, till it bee almost whole: then
dresse it but twice a day, morning
and euening: but if there be any core
that hinders the healing of it, take a
little Mercury, and put it in two
spoonefulls of water; and when the
Mercury is melted in the water, and
congealed together, take a feather,
and drop in two or three drops, and
lay a plaister vpon the wound, and it
will bring forth the core.

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For an Andcome.

TAke halfe a dozen knots of a young Oke, and put them in a fire-pan, and burne them to a red cole, and take Bores grease, and fine suet, and two or three cornes of salt, and stampe them very fine, and so make a plaister of it; and if it doe draw and heale too fast, lay lyne vnderneath the salve: you must dresse it twice in the Winter-dayes, and thrice in the Summer-dayes.

The Copie of Doctor Steeuens water.

TAke a gallon of the best Gascoine wine: then take Ginger, Gallin-gale, Cinamon, Nutmegs, Graines, Cloues, Anniseeds, Fennell seeds, Carroway-seeds, of each of them a dram-weight: then take wilde Time, Hyssop, Lauender, Sage, mints, red-Roses, Garden-Time, Pellitory of the wall, and Rosemary, of each of them

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them one good handfull, and bray the herbs very small, and stampe the spices all together very small: put all together into the wine, and close it fast twelue houres, and stirre it diuers times: then still it in a Limbeck, and keepe the first water, for it is the best: and then keepe the second, for it is good, but not so good as the first.

E. C.

A dramme-weight of the seed of Collumbine, bruised with halfe a penny weight of Saffron drunken with wine, is good for the Landers: then goe to bed, and prouoke sweat: the flowers distilled are good for the same purpose, and against swounings.

Pimpyuell.

This herbe is good against the Pestilence, to be taken fasting in a morning, and good against the Stone: the roots sodden, condited in sugar,

E 5

may

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may profit them that haue cold stomackes, and are troubled with too much fleame, the collicke and stone: this root, any way taken, is good against poison.

Mouſeare is hot and dry: some vse to giue the iuice of this common Mouſeare, to hinder the cold of a quartan Ague: some vse to gather the roots in May, and dry it, and giue it to them that are broken: it is good for the bloody Flix, the great ſcowering of the mother, for Wormes both outward and inward, common fluxes, for vomiting of choler, and ſpetting of blood, and burſting, and ſpecially for breaking of the brain-pan.

The iuice of Coſtemary drunken killeth both ſmall and great Wormes in the belly: it is good for a cold Mother: it ſtrengthens the ſtomack, whether it be drunken or lay to, and ſtayeth vomiting: the herbe of this nature, whether it be ſtrewed, or elſe
vain 2 perfume

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perfume made thereof, driues away Serpents, and is good against their poisons, and it helpeth and strengthneth the head.

To take out the beat of a Burne.

TAke the fat of Hogges guts and sheepes trittles, and boile them, and put them in a pot: this will heale the partie, and take out the fire, and will keepe good a whole year; this hath beene proued.

To take the beat out of the face.

TAke running water and Elder-flowers, Plantane, white Daisie-roots, and herb-Robert: put them in the running water, and wash your face morning and euening therewith.

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*A Medicine for a Canker in ones
month, proued.*

TAke running water, a handfull of
Wood-binde leaues, a handfull of
Bramble leaues, a handfull of Colum-
bine leaues, a little Rosemary, and
boile them together till halfe the wa-
ter bee wasted: then put in two or
three spoonefulls of hony, a peece of
Roch-Allom, three or foure spoone-
fulls of wine-vinegar, and wash your
mouth with the sodden herbs there-
of three or foure times euery day.

The Diet-drinke.

First buy a diet-pot of the com-
mon sort, such a one as will cost
eight pence or ten pence: then put
into it halfe a pound of Liquorice
scraped and bruised, halfe a pound of
Anniseeds bruised, three quarters of
a pound of Lignum vitæ bought at
the Turners, and one ounce of the
barke

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barke of the same wood, which is to be bought at the Apothecaries, halfe a pound of Raisins of the Sunne, the stones taken out; a good handfull of Scabias, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine: then fill vp your pot with faire water, sauing a pint: then couer your pot with his couer, and close it round about the brim with paste: then set it on a soft fire of coales, and let it boile three houres, till the fourth part be wasted: then put the clearest into bottles, and drinke morning and evening a good draught, and so do fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you shall be sure it is good.

For

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For the head-ache.

TAKE two handfuls of Vervaine, Betony, Camomile roots, Lettuce, Checmete, of each sort two handfuls, dried Roses: put them to powder of Nutmegs: boile this in white wine: then take out the herbs, and fry them in Oyle-olive, and straine them in a cloth, and make an oymntment thereof, and therewith anoint the head.

To make the Rhome-medicine.

TAKE five quarts of Hysop-water: it must be stilled when the Hysop beareth flowers; and one pound of English Liquorice cleane scraped, and cut in little peeces: bruisse them, and then put it to the water, and boile them till halfe be consumed away: then straine it in shallow pans, and set it in the Sunne, and stirre it now and then, and sometimes set it ouer the fire till you see it wax blacke, but
doe

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doe not boile it, and it will wax stiffe
with standing in the Sunne, that you
may make it in little cakes.

A Salve for a cut.

TAke six ounces of Deere-suet,
foure ounces of Wax, foure oun-
ces of Rosin: stampe and straine Ve-
lerian, and take the juice as much as
you thinke will make the salve looke
greene, and boile them together till
it come to a salve.

*A medicine for the stopping of the Liver,
very good for them that haue the
Ianders.*

TAke Paisly-roots, Fennell-roots,
Asperigon-roots, Kneeham-roots,
Succory-roots, of each the weight of
halfe a crown in siluer, of Dock-roots
the weight of twelue pence, a little
Liquorice, halfe a handfull of Raisins
of the Sun stoned: boile this in three
pints

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pints of water to a quart, and make Almond-milke with the liquor, and take two parts of sweet Almonds, and one part of bitter: Sweeten it with Sugar, or else with sirup of Succory, and drinke a draught three mornings together, fasting three houres after it; vse this euery month: you may put in Barly husked, and Saxifrage, Maiden-haire and Liuerwort.

For the Wormes.

THe powder of Coralina, to the weight of three pence in siluer, giuen in the water of Couchgrasse.

A Medicine for a quartan or a tertian Ague.

TAke the Herbes and Roots called Harts-horne, Plantane and Orpin, and beat them with a little white wine, and a little bay salt, and so lay it on a cloth vpon your wrist, but be sure it lye on the places on both armes,

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armes, changing it euery foure and
twentie houres: be sure also, that
you lay it two houres before the fir
commeth, and hang nine roots of the
Harts horne about your necke in a
silke bagge, so that it may lye vpon
the hollow of your stomacke, and let
it hang till your Ague be gone. You
must not wash neither herbes nor
roots: and you may take the roots
when you cannot get the the herbs,
and vse them so.

*For the Canker in the mouth, or rawnesse,
or in the lower part of the woe.*

TAKE red Fennell, red Sage, Hysop,
Herbe-grace, Rosemary, Hony-
suckle leaues, Fetherfue and Dai-
sie leaues, of each a like quantity,
in all two handfulls: boile these in
a quart of running water to a pint:
straine it, and let it stand vntill it be
cleare, and put therein a spoonefull
of English Hony, and as much Roch
Allome

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Allome beaten, as the bigneffe of a Bean, and boile it together: you must take off the skumme as it doth arise when it is boiled: put it into a glasse, and keepe it for your vse: you must warme it when you take it.

A good Medicine for an Andicome, or a botch, or a sore brest, or Carbuncle, to ripe or breake them.

TAke a quantity of Herb-grace, a quantity of leauened bread well crummed, halfe a spoonfull of Sallet-oile or Capons grease: boile these in good Ale-grounds, and keepe it with stirring till it be thicke; and when you vse it, lay it vpon a cloth warme to the grieve. This medicine will resolute a brest without breaking it, vnlesse it need breaking: you must change it euery day once.

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*A good Salve to beale it when
it is broken.*

TAke a quantity of Boares-grease,
of Wax and Rosin, of each a like
quantity: you must scrape the Wax,
and beat the Rosin, and boyle them
together till they be melted: then
take Lapis Calaminaris and Roch-
Allome, as much as a Beane of each,
and beat them together: then take a
spoonfull of English Hony, and put
them together, and boile them a-
gaine; and when it is well boiled,
poure it into cold water, and make it
vp in rowles, and keepe it for your
use.

A Medicine for a Bruise.

TAke a quantitie of Stone-pitch,
as much gray sope, and beat the
pitch finely to powder, and boile
them together with stirring till it be
boiled: then take it off the fire, and
let

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let it coole, and then spread it vpon a cloth, and lay it to the grieve: it must not be thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spred with the same.

An ointment for an Ague-fore, or other sores, and for swellings.

TAKE a Bryome-root, and cut off the out-side thin, some doe call it wilde vine: slice it, and lay it all night in a pint of Sallet oile, and then boile it, straine it, and keep it for your vse: for, this is good to anoint any Ague-fore, or any other swelling. Then take halfe a pint of Sallet-oile, and as much red Lead as you can buy for two pence, and boile them together, and keepe it stirring till it looke blacke: then take as many cloaths as you thinke will drinke vp the oile and the Lead, and then coole it, and keep it for your vse.

This Oile and Lead is good for
Ague-

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Ague-sores and other sores. Remember to anoint the sores with the ointment aforesaid first, and then lay on the Seare-cloth, doing this twice a day, till the sore be whole. And for swelling, you must vse the Bryome-roots and the Oile only, without the Oile and the Lead.

*An approved good Medicine for the
Tooth-ache.*

TAKE Rose-water, either red or damaske : take yellow wax a quantity, and fresh butter, of either an equall quantity, and mingle them together in a dish vpon the coales, and then take a linnen cloth, and dip it therein and lay it to that side of your jaw where you are grieued, as hot as you can suffer it; the hotter, the better.

A Medicine for the bloody Flix.

TAKE two tostes of cheat-bread, and toste them; and two egges, and
roste

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roste them hard, and take the yolkes of them, and the liner of a chick, and beat all this together small: then put all this into a pint of Charne-milke: then take halfe an ounce of Cinnamon: beat it small, and put it in the medicine, and then take of it euening and morning fasting, for so it most auaileth you: but if your stomacke be weake, then put in some sugar to sweeten it.

For the Pin and Web in the eye.

TAKE the juice of Parsly, and halfe as much Hony, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy: you must dresse it thus very often.

*For to take the Ague out of any place
where it doth fall.*

TAKE Succory, a pretty quantity of it, and mingle it with some Boares grease,

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grease, and spread vpon the cloth,
and warme it against the fire, and lay
it to the place.

A Medicine for a greene wound.

TAKE a quantity of Venice-turpen-
tine, and wash it in faire water till
it be white: then take a plaister ther-
of, and lay it to the wound till it be
drawne: then take the yolke of a new-
laid egge, and adde thereto a small
quantite of fine wheat-flower, and a
little fresh butter, and mingle them
together, and lay a plaister thereof
vnto the wound after it is drawne,
with the Turpentine.

*Another Medicine to be taken inwardly
for a green wound, to be taken in Ale
or Beere: it is likewise good for the
shutting of a bone broken or cut,
either for Man or Beast.*

TAKE juice of an herbe called Bon-
wort, to the quantity of 3. or foure
Spoon-

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Spoonefulls or more, according to the stomacke of the party that is hurt: take the same quantitie and drinke it either in the milke, or as before is written, three or foure seuerall mornings fasting, or oftner if you will, and it will free the party: when the herbe is not to be gotten, then you may vse the root, and it will auaille as much.

If the wound be but little, either this drinke, or the medicine before written, will helpe it: but if it be great, you must vse both together.

For to beale wounds and sores.

TAKE Rosin and Frankincense, of each foure ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice-turpentine halfe an ounce; white Wine a pint: melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereto all the white
Wax,

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Wax, the Olibinum, and the Mastick made into powder, and the white wine: boile all together till the wine be consumed: then take it from the fire, and stir it till it be almost cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

Another.

TAke Calamint, Peniryall, of each a like quantity, Nigella-romana-seed a little bruised, a French crowns weight: boile all these in posset-drink made of white wine and Ale: a good draught euening and morning you must drinke,

A Medicine for the head-burning that long time hath bene.

TAke a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the forehead,

F

and

A Closet for Ladies

and all rheaking shall be taken away;
this is a pretious ointment.

*For to set a bone, or heale a broken bone
in man or beast.*

TAke the juice of Comfrey-roots,
and wilde Daisie-roots, and boile
them with Turpentine and yellow
wax, and make a flat plaister thereof,
and lay it to the grieve, and set splin-
ters about it, and roule it to keepe it
stiffe once in five dayes, vntill it bee
whole: you must drinke the juice of
the roots nine dayes in some liquor,
either to man or beast, when you vse
the plaister.

For the Piles.

TAke new milke, and thicken it
with Oat-meale finely sifted tho-
row a sieue, and let it see the till you
make it vp like Suppositaries: then
take it vp, and cut off the outside of a
Race of Ginger, and grate it, and
mingle

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mingle it together, and some of it make into a plaister, and the rest make like Suppositaries, and put them vp as you doe Suppositaries: then lay a plaister on the place, and vse this till you be whole.

A Medicine for a Rupture in old or young.

TAke Knotwort, Ribwort, and Comfry, of each a like quantity; wash them, and dry them, and set them in the ouen when the bread is drawne, that so they may dry: then beat them to powder; then searce them finely thorow a Searce or Sieue, and looke what quantity you take of the herbes when they bee dried, take halfe so much Anniseeds, and beat them with the powder of the herbs, and searce them: and thus hauing made the powder readie, when you will vse it, take as much of the powder as you can lay, or take vpon a good broad six pence, and fourteene mornings together giue it

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to the partie to drinke with a little
Malmſie faſting, and anoint the place
firſt with oile of Spike mingled with
any other thing: and alſo take ſuch
herbes as you make your powder of,
and ſeethe them in faire running wa-
ter vntill they bee tender, wringing
the water out of them, and apply
them to the place as hot as the partie
can ſuffer it, and let not the ruſſe be
too ſtrait, leſt it force the place to
rent further. Take the herbes to make
the powder within May, when the
chiefe ſtrength is in them: the Knot-
wort beares a little watchet-flower.
This hath beene proued on children
ſo borne, and on old folkes that haue
been ſoure and twentie yeares bro-
ken; and doth helpe all ſorts, that with
good vſage do not abuſe themſelues,
through the grace of God.

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and Gentlemen.

*A Medicine to be used during all the time
of the Plague; good against
Infection.*

TAKE a pint of white-wine-vinegar,
and halfe a pint of Iene Trekle,
and a quantity of Bole-Armoniaoke,
otherwise called Bolles verus, and
stirre all this together, and take three
spoonfuls in the morning fasting, and
fast an houre after it, and take three
spoonfuls an houre after supper.

Another Medicine for paine in the head.

SEethe leaues of Agrimonie with
Shony, and giue them to drinke,
and draw it thorow a cloth, and keep
it in a box, and therewith anoint your
head, and wash your head in the wa-
ter that Celandine is sodden in.

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For the aking of the head.

SEethe Pulioill in Ayfill, and then
put it in thy nose. Take Rue and
Fennell, and seethe them together in
water, and wash therewith the head.

*For a Felon of the head that swelleth the
head of a man: and that before writ-
ten is for the same.*

TAke the grease of an Hart, & Ho-
ny, and Barly-meale, and Oretrest,
and Moycell, and stampe them toge-
ther, and after shaue thy head; then
make a plaister, and lay it to thy head
as hot as you may suffer it, and let it
lye till it be whole.

For all Euills of the head.

TAke Rue, and stamp it with strong
Ayfill; mingle it, and wash the
head therewith.

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For the Carbuncle or the Postume
in the head.

TAke Wormwood, Origanum,
Mayron, by even portions, and
seethe them in sweet wine, and after
that wring out the juice, and lay it to
the ears of the sick with two sponges,
as hot as he may suffer it; vse this two
or three times, and he shall be whole.

For the Megrim, Postume, Dropse, Fe-
ner, and all manner of aking
in the head.

TAke a peny-weight of the root
of Pellitory of Spaine, six pe-
ny-weight of Spicardie, and grinde
them together, and seethe them in
good Vinegar, and take a Saucer-
full of Hony, and five of Mustard;
and when the liquor that is boiled,
is cold, put thereto the Hony and
the mustard, and stirre them well to-
gether, and let the sicke vse thereof

F 4 halfe

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halfe a spoonfull at once, and hold it still in his mouth the space of two creeds saying, and then spit it out into a vessell, and doe so ten or twelue times; a good while after hee hath eaten at noone, and a little before euen ten or twelue times: and when he goes to bed, take and wash cleane his mouth, and drinke a draught, and goe to bed: vse this Medicine three dayes, and he shall be whole.

For the Head-ache.

TAKE and scethe Veruine and Betony, Sisles and Wormwood: wash the parties head with the water thrice in the weeke, and take the herbs, and make a plaister, and lay it vpon the vpper part of the head on this wise.

TAKE the herbes aforesaid when they are well sodden, and wring out the iuice of them, and then stamp them in a mortar; and temper them with the water wherewith they were sodden,

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Sodden, and put thereto the bran of wheat for to hold the juice of the herbs, that it goe not out, and make a garland of linnen that may go about the head, and bind the plaister vnder it as hot as the sick may suffer it: doe this three times, & he shall be whole.

Another.

Cloues comfort the stomacke, li-
uer and heart: they helpe diges-
tion, and stop the belly: they quic-
ken the eye-sight, and scowre away
the clouds and hawes of the eyes:
they are good against all cold disca-
ses, and they are hot in the third de-
gree. The oile of Cloues is very good
for a cold stomack, and for any other
place that hath need of warming, as
a rheumaticke braine.

Another.

TAke of litrage of lead foure oun-
ces; of Vinegar, common Oile, a
F 5 like

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like quantity: put the litrage in a mortar, and put a little of the vinegar, and a little of the oile, and beat them together, and so put in by a little and a little all your oile and vinegar: you must beat them two houres together; it must be as thick as your green salve.

Another.

TAKE Camphory, Hearts-ease, Priuit, Plantane, of each of them a handfull; bruise these in a mortar, and put thereto Harts suet, fine Sallet oile, of each dim li. mingle them well together, and let them stand foure and twenty houres; then put them into a pan or braslie pot, and put thereto Wax and Rosin broken in small peeces, of each dim lib. let these boile all together ouer a fire of coales, till the juice of the herbs be consumed, and the ointment green; then straine it thorow a canuase-cloth into some pot that you will keep it in; and when it begins to be cold, then put thereto
foure

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four ounces of Venice-turpentine;
stirre all together vntill it be thorow
cold, and keepe it close couered.

Another.

THE Wine of Eye-bright is made
for the eyes, by putting the herbs
into the must till it be perfect Wine;
whose vse make the eyes of old men
looke young: for, it is hot and drie;
and the powder of it, beaten with the
yolke of an egge, worketh the same
effect: the powder receiued in Wine,
if the Wine be too strong, put in Fe-
nell-water or Sugar.

*A Medicine against the stone in the backe,
or bladder, or for the we knesse of
the backe, which is called the
running of the reins.*

TAKE Venice-turpentine, and wash
it in Rose-water, either red or da-
maske, vntill it looke white: then di-
uide it into small balls, as you may
easily

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easily swallow to the full quantitie of three hasell-nuts or thereabout: then roule them in sugar, to make them the more easie to be taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or foure seuerall mornings together, and in your water you shall finde much grauell.

*To take away the pock-boles or any
spot in the face.*

TAKE white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it vpon your face till it bee drie: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

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To make Snow.

TAke the whites of five or six eggs,
a handfull of fine Sugar, and as
much Rose-water, and put them in a
pottle of creame of the thickest you
can get: beat them all together: as
the Snow riseth, take it off with a
spoon: you must beat it with a sticke
clouen in foure: then must you take
a loafe of bread, and cut away the
crust, and set it vpright in a platter:
then set a faire Rosemary-branch in
the loafe, and cast your Snow vpon
it with a spoon.

A Medicine for the Piles.

TAke the herbe called Torch-
wort: it groweth high, bearing
a yellow flower, blowing out of the
stalk, the leaues look hoare. Take the
juice, and boile it with fresh butter a
little while, and keep it close, and vse
it

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it euening and morning : if a Cowes
vdder be stung or bit with a Snake or
such like, take Lauender, and wash it
cleane, and see the it in chamber-lye a
good while, and wash it euening and
morning warme : you may put a lit-
tle fresh butter in it, and milke out
the milke when you doe it.

*A Medicine for a Cold, or a Burne, or
a Sore, approued.*

Take Watersuck-leaues, otherwise
called Hogwort leaues, Ally-house,
Daisie roots, leaues and all, and a lit-
tle Rosemary; wash them, stamp them
and boile them in creame til it is but-
ter : then straine them, and apply it
warme to the burne; pricke the Wa-
ter-suck leaues, and lay them vpon it,
dressing it twice a day, or three times;
if need be. To heale a sore, put Tur-
pentine, Rosin, and Wax in it, dres-
sing it with Lint.

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and Gentlewomen.

For the Stitch.

TAKE Stitch-wort, Bay-leaues, Hol-
ly without prickles, of each a like
quantity, the juice, graines beaten :
drinke it in Ale warme.

For the Swelling.

TAKE the grounds of good Ale,
Glouers shreds, and white-bread
crummes, and Sage : boile them, lay
it to warme : it will swage the swel-
ling and the ache : it hath beene pro-
ued.

For the Tooth-ache.

TAKE Organy that groweth close
to the ground, and tasteth like A-
qua-vitz : bruise it, lay it to the tooth;
Bursa pastoris will doe the like.

For

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For a Bite, or Felon, or sore legge.

SEethe a pint of Ale to two spoon-
fuls, like a sirup: pricke a peece of
leather with a pinne: it will neale it
without breaking: if it bee broken,
take lint to the hole with some salve:
let it lye foure and twentie houres:
lay it to cold.

For the Scratches of a horse-leg.

TAKE Vinegar, Mustard-seed, Gun-
powder, boile them: wash it hot
three or foure times; proued.

For the Gowt.

TAKE Mallowes and Sengren: beat
them, and boile them in water:
then straine them, put Oat-meale-
groats soked in vinegar, and sheeps
suet vntried: then boile it to a poul-
tis; proued.

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and Gentlewomen.

For the Ague.

TAKE a red Onion cut small, six and fiftie graines of Pepper beaten small; binde it to the wrist halfe an houre before the fit; proued.

For the Gout.

TAKE a fat Whelp of a Hound: scald him like a Pig: garbage him in the side: then take red Nettles stamped with two ounces of Brimstone, foure ounces of Turpentine, foure yokes of egges: ~~anuffe the bol~~ ly, and sew it vp: rost it with a soft fire: saue the dripping: anoint the place: it is good for sinewes and crampe: it will driue it away: for the like effect, Oyle, Nettles, White-wine, boile them, apply them hot.

For the Ciatica.

TAKE the gall of a Bull, a quart of wort; boile it to a pint: then put
in

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in a pint of Vinegar, frankincense, one ounce in powder, of Hony halfe a pound, of Commine halfe a pound in powder: boile it thicke: spread it on leather: lay it to hot two or three dayes: lay a linnen cloth betweene the skin and the plaister; the plaister will serue many times; proued.

For the Tooth-ache.

A Llom as big as a Walnut, Garlicke an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: lay it to the wrists twentie foure houres or more.

For to stop the bleeding of a wound.

THe wooll of an inke-horne, Sanguis draconis, and Bollarmonick, and the whites of egges laid on too.

For

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and Gentlewomen.

*For a Consumption either for old folkes,
young folkes, or children.*

TAke Longwort, Liuerwort, Harts-
tongue, of each a handfull, red
Mints, red Sage, Mother of Time, of
each a handfull, Parsley and Fennell-
roots, the piths out of each, halfe a
handfull, Liquorice an ounce, Anni-
seeds an ounce, Sceeny two ounces,
Turbet an ounce, Capdates two oun-
ces, Cinamon an ounce, Nutmegs
two ounces, white Sugarcandy foure
ounces, Rubarb an ounce sliced:
stampe your spices, and your seeds,
and beat your other Apothecary-
stufte, and shred your herbes fine:
boile it in three quarts of Rennish-
wine to a pottle; straine it; drinke
foure times a day a quarter of a pint at
a draught warme; put in a peniworth
of Aqua-vitæ, and as much Saffron
beaten fine: after it is boiled, if the
Patient be laxatiue, leaue out your
Rubarb, Sceeny, and Turbet, and
boile

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boile it in wort; it is best in wort for children: for aged folks that be weak, boile in the stone of a Boar, or a Ram, or a horse is best: one stone is enough for one time: you may take one to purge, and another not to purge: the second receit is enough; purge first.

To make one make water.

TAke the stones and kernels of Peaches and Medlers: beat them fine: sift them thorow a searce; put in Sugar, drinke it in white-wine,

To make a Seare-cloib.

TAke a pound of Stone-pitch, as much Rosin as a great Walnut, & twice as much cleane Wax, a spoonful of fresh swines grease; boile all together till it be well mixt; then coole it in water; then oyle your hands with Hogges grease, and labour it in your hands an houre and more, till it will cleave to your hands.

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For the same, and the best for all manner of aches.

TAke Rosin dim. li. of Perrosen a quarter of a pound, as much Gum maltick, a quarter of a pound of Deer suet, two ounces of Turpentine, one ounce of Cloues and Mace, of Saffron two ounces; the liquor must be Oile of Roses.

A soueraigne Medicine for a great ache.

TAke Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of butter without salt as much as a great Walnut; boile it on a chafingdish of coals halfe an houre, stirring it well from the bottome: spread it on leather, as broad and as long as your griefe; lay it to foure or fve dayes.

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*To make a good Ointment or Salve
for any sore.*

TAke a good handfull of Sage, as much of Plantane, as much of Brownwort, as much of Hony-suckles, as much of Tursame, as much Veleryon: boyle all these in May-butter till it be browne: then straine it, and put in a quantity of Virgin-wax: then boile it againe.

*A good Receipt for all manner of sores, old
or new, named, The gift of God,
praysse be to him.*

TAke Betony, Veruin, Pimpernel, Bugle, Smallage, Plantane, Scabreas-water, Agrimony, of each alike; stampe them together; boile them together in a gallon of white-wine to the third part; then straine them, and put to them a quantitie of sheeps suet, and halfe a pound of Wax, dim. lib. of Rosin, dim. lib. of pitch,
one

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one lib. of Olibinum, and boile it againe.

For Bags in the Fundament.

TAke the yolke of an hard egge roasted, the oyle of Roses, and Marigold-leaues: beat it together, lay it to hot.

To kill a Tetter.

TAke greene Broome: boile it in a quart of running water halfe away: bathe it with it.

For the Pestilence.

TAke the water of Betony, and Pimpernell, Turmentill, or Scabbeas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

TAke the poundes of compound
For
water, as much of Rose-water,

A Closes for Ladises

For one that is taken within the bodie or any place.

TAke Rose-cakes, Aqua-vitæ, and Rose-water; heat it on a chafing-dish of coales; lay it to the stomack; they shall mend by Gods grace.

For the Ague or Cold.

TAke greene Alderstickes; take the inner rind, a handfull; beat them, drinke it in Ale fasting; fast three houres, walking after it; then eat a Caudell.

Another for the Ague.

TAke a spoonfull of juice of Orengees, as much Aqua-vitæ; mingle it with a yolke of a new-laid egge in the shell; sup it vp fasting once or twice.

K. Henry the eighth his perfume.

TAke fix spoonfuls of compound water, as much of Rose-water, a quarter

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quarter of an ounce of fine Sugar,
two graines of Muske, two graines of
Amber-greece, two of Ciuet: boile
it softly together: all the house will
smell of Cloues.

For the Strangurie.

TAke Hore-hound one handfull and
a halfe, red wine halfe a pint, oile
olive five spoonfuls: boile it toge-
ther: put it in a linnen cloth to the
small of the backe, as hot as may be.

To cleanse a wound.

TAke Beere, Wheat, Stone-flower,
and Hony: boile it thicke: apply
it to.

For the Gout.

TAke Worme-wood, Wall-wort,
Wheaten-bran, Cow-dung, and
salo; boile it in vinegar: plaister it to
the grieve.

For a Bruise.

TAke halfe a pint of Sallet-oile, as
much oile of Roses, as much Aqua

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vitæ, and three or foure score Snailles
that beare shells: stampe them small,
and boile them to oyle.

To keepe one laxative

TAKE a new-laid-egge: put out the
white: then put in new butter vn-
salted; heat it, then eat it: vse it often.

*Two remedies, very good against Wormes
in little children.*

TAKE flowre of wheat well boulded,
as much as will lye vpon three
crownes of gold; put it in a glasse,
and poure into it Wel-water, so much
as will steepe the said flowre, and
make it looke as it were milke, and no
thinner; then giue the childe drinke
of it, and you shall see with his excre-
ments the wormes come forth dead,
which is a very good remedy.

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The second remedie against Wormes.

FOR children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua vitæ, wherewith you must wash or wet the stomacke or brest of the child: then powre it vpon the said place with the powder of fine myrrh, and lay the child downe a little while with his brest vpperward, and you shall see incontinently the wormes, with the chilles dung, come forth dead.

To beale children of the Lunaticke disease, which happeneth unto them by reason of a worme with two heads, that breedeth in their bodies: the which worme, coming to the heart, causeth such a passion in the childe, that oftentimes it kills them.

TAKE the tender stalkes of a Wilding-tree, & dry them in the shadow

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dow : then stampe them well, and sift them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of myrthe: all these well beaten to powder, you must put in a dish or some other vessell, and moist them with a little water; then take of it with your two fingers, and wet the lips and mouth of the childe: doe this three or foure times, and you shall see the worme come forth dead with the excrements.

A remedy for the Falling-sicknesse.

TAke Germander gathered in May, when it is in the blossome: drie it in the shadow, and make it in powder; and when you will vse it, take the yolke of an egge or two, and stir and breake it with a spoonfull of the said powder: then see the it, and giue it to the Patient to eat: doe this morning

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ning and euening eight daies, abstain-
ning from wine, carnall company of
women, from all pulse, Beans, Pease,
Fetches, Tares, and such other, from
Sallets, Salt-fish, and from all other
things that are hard of concoction
and digestion; a very good and ho-
table Secret.

*A Medicine to cure the biting of all
venemous beasts.*

AS soone as the partie feeleth
himselfe bitten with any vene-
mous beast, or as soone after as may
be, take greene leaues of a Fig-tree,
and presse the milke of them three or
foure times into the wound: and for
this, serueth also Mustard-seed min-
gled with Vinegar.

*To draw an Arrow-head or other iron
out of a wound.*

TAke the iuice of Valerian, in the
which wet a tent, and put into the
G 3 wound

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wound, laying the said herbe vpon it stamped: then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

*For a knoske or fall, causing a bunch
vpon the head.*

TAKE an ounce of Bay-salt, raw Honey three ounces, Comin three ounces, Turpentine two ounces: mingle all these well vpon the fire: then spread it vpon a linnen cloth, and make thereof a plaister, and lay it hot to his head: the which will affwage the swelling, and heale the hurt.

A secret remedie against the Plurisie.

OPen a white loafe, new baked, in the middle, and spread it well with good Treacle on both parts, vpon the crummie sides, and heat it at the fire: then lay one part vpon the place of the disease, and the other
part

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part on the other side of his body directly, and so binde them that they stir not, leauing them so a day and a night, or vntill the impostume break, and then take away the bread, and immediatly the Patient will spit forth the putrification of the impostume; and when he hath slept a little let him eat, and by Gods helpe he shall shortly be well..

A very good remedy for a wound with a sword, staffe, stone, or such like.

TAKE Taxus Barbarus, stampe it, and take the juice of it; and if the wound bleed, wipe it, and make it cleane, washing it with White-wine or water; then put the juice vpon the wound, and the herbs vpon it, out of the which you tooke the juice: then binde vp the wound, and in one day you shall see a wonderfull effect.

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*Against the dis-ease or grieve of the Flanke,
and the Collicke-passion, experi-
mented and proued di-
uers times.*

TAKE halfe a glasse or lesse of the
juice of Barberries when they be
very ripe and red, and put into it as
much red Corall as will lye vpon two
groats, well broken into powder, and
giue the Patient to drinke thereof.

*Another perfect remedy for the same dis-
ease, and to make a man pisse within halfe
an houre, that hath not made water
in thre or foure dayes, and
will break the stone with-
in ten or twelue
dayes.*

TAKE fine powder of Virga aurea,
and put a spoonfull of it into a new
laid egge soft roasted, and giue the Pa-
tient thereof in the morning to his
breakfast, and let him not eat in foure
houres

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houres after, and then he shall make water in lesse than halfe an houre, and let him vse this for the space of ten or twelue dayes as aforesaid: the Patient shall void the stone without any paine or griefe.

A remedie for spetting of bloud, occasioned by the breach of some veine in the brest.

TAke Mice dung beaten in powder, as much as will lye vpon a groat, and put it into halfe a glassefull of juice of Plantane with a little Sugar, and so giue the Patient to drink thereof in the morning and euening: continuing the same, he shall be sound.

Against the griefe of the Lungs, and spetting of bloud, a remedie experimented and tried.

TAke an herbe called Farfara, or Tussilago at the Apothecaries, Vngula caballina, in English called
G 5 Colts.

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Colts-foot; in French, *Pat de lion*: incorporate it well with the lard of a hog chopped, and a new-laid egge: boile all together in a pan, and giue the Patient of it to eat nine mornings. This is also good to make one fat.

Against a stinking breath.

TAKE Rosemary leaues with the blossomes, if you can get them, and see the them in White-wine with a little Myrrhe and Cinamon, and you shall finde a maruellous effect, if you vse it often in your mouth.

Against the biting of a mad dogge, and the rage of madnesse that followes the party bitten.

TAKE the blossomes or flowers of wilde thistles, dried in the shade, and beaten into powder, halfe a nut-shell full; put into white Wine, and drinke it, and in thrice taking it you shall

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shall be whole. A thing tried and experimented.

A Medicine for watry eyes.

TAke a red cole-leafe, and anoint the leafe with the white of an egge: when you goe to bed lay the same to your eyes.

A Medicine for sore eyes.

TAke a little ground luy, and straine it and womans milke together, and let it be somewhat greene of the luy, and then drop a drop or two into the eyes.

Another for the same.

TAke Fennel-water stilled, and hieue Hony: mingle them together, and put a drop or two into the eye. These are approved.

To

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*To make water for the eyes to kill the
heat of any sore.*

TAke red Sage, and boile it in
Smiths water till the third part
be consumed: then straine out the
Sage very hard, and put into it a
quantitie of the liquor, a peniworth
of Allome, and as much of white
Coperas, after you haue taken it
from the fire, and anoint your eyes
therewith.

Another for the same.

TAke the leaues of red Brambles, of
Plantane, and Hony-suckles; boile
them all in running water from a
quart to a pint, and vse it to the sore.

*A Medicine for the Pin and Web
in the eye.*

TAke the white of an egge being
hot; take out the yolke cleane, and
put

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put thereto a good quantitie of Sugar-candy: then straine it hard through a cloth, and therewith make a water, and euery day two or three times drop it into the eyes.

A Medicine to cleare the sight.

TAke Red-rose-water, cleane myrrh as much as a nut: breake it into powder, and binde it in a linnen cloth, and let it lie in the water twelue houres: then take of this water, and put it in your eyes, and it will cleare your sight.

For a pearle in the eye.

TAke red Fennell, and the leaues and roots of white Daiesies: vse them without any liquor, and put together three spoonfuls of either of them: then take one good spoonfull of clarified Hony, and two or three spoonfuls of womans milke, and drop this into your eye three or foure times

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times a day : and if there be any sight
in the eye, this will cure it.

For eyes that are blasted.

TAke a toste made of brown-bread,
and lay it in red Wine that is not
mingled, and let it lye yntill it be so-
aked halfe an houre ; then put it in-
to a fine cloth in two peeces, for
each eye one : the fine cloth must
be betweene the eye and the toste.
Dresse it when you goe to bed at
night.

To purge the head and eye-sight.

TAke the juice of Hey-hoo, and
put it into your nostrils, and the
fleame and running-water will fol-
low.

For eyes that be red and sore.

TAke Fennell, Veruin, Roses, Sa-
lendine, and Rue, of each two
ounces,

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ounces, and distill all together: and when need is, then put a drop or two into the sore eye: for it is good for all manner of diseases in the eye.

Against the paine of the eyes.

TAke the yolke of an egge roasted hard, and laid to with Rose-oile and Saffron: put in the juice of Basil.

For to see well.

TAke Eye-bright, red Fennell, of each halfe a handfull, of Rue one quarter of an handfull: cause these to be distilled, and wash your eyes daily with the water.

For the aking in the legge.

TAke a peece of sowre leauen, and as much Barne, and as much blacke Sope: temper them all together, and so spread it vpon a linnen cloth,

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cloth, and put it to your leg where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A Diet-drinke for a Consumption.

Take a gallon of running water measured by Ale-measure, and put thereto an ounce of Cinamon, an ounce of Cloues, an ounce of Mace, a dram and a halfe of Aster-roots, and boile it till it come to three quarts: let this be your only drinke till you doe amend.

A Medicine for the head-ach.

Take a handfull of Rosemary, two handfulls of Betony, and a spoonfull of Hony: and see the them all in Malmesie, and wash your head there-with.

Another

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Another for the head-ache.

TAke five Nutmegs : grate them,
and seeche them in Malmesie till
they be thicke : make a plaister there-
of, and lay it to your temples.

*For winde and shootings in
your head.*

TAke Egrimonie and Cinamon :
bray them, put them in Ale, and
lay it to the temples of the head ; and
if the paine remoue, lay it where the
paine remoueth.

Another for the head-ache.

TAke a handfull of Camomile, a
handfull of Peniryall, a handfull
of Sage, a handfull of Wheat-bran :
chop them all together small ; boile
them in a pint of sharpe Vinegar till
they be thicke, and thereof make a
plaister, and lay it to the temples of
the

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the head as hot as you may suffer it, & it shall (by Gods helpe) do you good.

Another for the same.

TAke a peece of raw beefe, and lay it on the nape of your necke, and shift it every night when you goe to bed: vse this as often as you see good; proued.

Another for the same.

TAke an ounce of Oyle of Roses, two ounces of white vinegar, foure ounces of Plantane-water: mix these together, and wet a linnen cloth in it, and lay it to the temples.

A Medicine for the Megrim in the head.

TAke Housleek and garden-worms, the greater part being Houslecke: stampe them together, and put there-to fine flower, and make a plaister on a fine cloth, and lay it to the forehead and temples.

Another

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Another for the same.

TAKE Mustard-seed, and temper it with Vinegar: make an ointment thereof, and lay it to the temples in a plaister, and another in the nape of the necke behinde where it is not sore, and it will auoid, and shortly be whole.

*A Medicine to keepe up the pallas
of ones month.*

TAKE a peece of wheaten leauen, and Commine-seed beaten in a mortar, a quantity of Bay-salt, and Red-rose vinegar, and Red-rose-water: put them into a bag of cloth, and lay it to the mould of the head.

To drie up Rhume in the head.

TAKE a quantity of dried rose-leaues, the flower of Camomile, Basill,
Mar-

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Marjoram all dried; a quantitie of Cloues and Mace, grosse bruised; a Nutmeg, and a quantity of Dill-seed, all quilt in a cap.

A Poultis to coole any place, either in the face, or any where else, that is red, and full of hot pimples.

TAke Housleeke, Mallowes, Purse-line, Water-roses, called Numium: beat all these, and take the juice of them, and put a little oyle of Roses to them, and wash the place with it, or stampe the herbs till they be thick like pap: then seethe it with a little Rose oyle and Wax, and then you may lay it on as a Plaister.

Against red pimples of the face.

TAke an ounce of Camphire, as much brimstone beaten; myrrh, Frankincense, of each foure drams, of Rose-water a pound; put all these
in

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in a glasse, and set it in the Sunne ten dayes, and then lay it on the places.

Another.

TAke the distilled water of Ash-tree, Tamaredis oft eaten, Wine of Strawberries laid vpon the face.

Another.

TAke the distilled water of Mulline and a little Camphire mixed together, and laid to the face.

A Medicine for them that are deafe, so that they haue heard before.

TAke the juice of Birtaine, womans milke that hath a man-child; mingle them together, and dip a peece of blacke wooll in it, and put a peece of it into your eare, for the space of ten or eleuen dayes or more: if it happen that this will not take away the deafenesse, then take the milke of

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a Cow, and see the it with oat-meale and juice of Bettony, and lay it plaister-wise over the cares, night and day, for a long time.

To make an ointment for a red face.

TAke halfe an ounce of Camphire, two drams of Sulpher-vinum, and an ounce of Deeres suet; melt the suet and the Camphire together, then put in the Brimstone, fine ground in a mortar, when the other is almost cold, and set them no more over the fire after the Brimstone is put in. These being laid on all night, will take away the heat and the pimples.

Another for the same.

TAke as much Mercury sublimare as a Bean, and twice as much Alome, and put them in a quart of faire water, and boile them together with two or three cornes of Bay-salt, and bathe your face therewith often in a day

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day with the same cold, and open the
pimples with your fingers before you
wash.

For a sore mouth.

TAke a quart of white wine, a quart
of water, a pint of wine vinegar, a
good quantitie of red Sage, two pe-
niworth of Mercury, halfe an ounce
of Roch-Allome, a quantity of Rose-
mary, a greater quantitie of Wood-
bine-leaves, and three spoonfulls of
Hony : seethe them together, and
wash your mouth therewith.

A water for a Canker and sore mouth.

TAke Rosemary-croppes, Sage,
Singfield, Woodbine-leaves, Al-
lom, liue Hony, or pure Hony boy-
led in Spring-water, halfe a hand-
full of each of the foresaid herbes
boyled in three pints of water, till
they bee boyled a third part away,
and keepe it in a glasse stopped,
and

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and wash your mouth with it.

*For a Canker and sorenesse in
the mouth.*

TAKE two ounces of fine Coperas
beaten to powder, halfe a pint of
faire water, and let the same Cope-
ras be distilled or steeped two dayes
and two nights; then straine the same
softly thorow a linnen cloth; then
take a spoonfull thereof, and wash
your mouth and throat with it softly,
bloud-warme, but drinke none of it.
This medicine will not continue
good aboue foureteene dayes; there-
fore you must make it fresh as occasi-
on serues: you must take it morning
and euening.

*A Medicine for the Mother that riseth in
a womans side.*

TAKE Aqua-composita, and beat
Bay-berries in powder, and put it
into the Aqua-composita, and put a
spoonfull

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Spoonfull or two in a draught of beere
or Ale, and so drinke it.

*A Medicine for the pricking of a needle
or thorne in the ioynt.*

TAke faire bouked flower of wheat,
and temper it with white or red
Wine, a little Oyle-oline, and a few
Rose-leaues : see the them together
till it be plaister-thicke, and lay it to
as hot as you can suffer : it will draw
forth the needle, and ease the ache.

*A Medicine for a Canker that eateth
mans flesh.*

TAke Wheat-bran of the smallest
powder, the iuice of Smallage, the
juice of Woodbine, burnt Allome
beat into powder, and a little hony :
mingle all these together, and make
a plaister of it, and lay it to the sore,
and it shall destroy the Canker.

*TAke Groundell, and chop it small.
the growndell of small Beere, when
For*

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For a Bruise.

TAke Virgin-wax, and Commine-seed well beaten : mix them together, and lay it to the sore plaister-wise.

For a white Scall.

TAke Sallet-oyle beaten with the whites of egges till they be thoroughly wrought together : cut away the haire, and so anoint the head, and lay a bladder vpon it.

A Medicine against all Stitches.

TAke Linseed, and boile it in new milke : make a plaister thereof, and lay it to the griued place.

A Medicine for a sore brest.

TAke Groundfil, and chop it small, the grounds of small Beere, wheaten

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ten bran, and sheepes suet beaten
in a mortar: boile them all toge-
ther, and lay it plaister-wise to your
breſt.

A Medicine for ſwelled breſts.

TAKE white wine, wheat-bran new
boked, Roſe-leaues old and new:
ſeethe them till they be thicke: then
lay it to the breſt as hot as ſhe may
ſuffer it, from euen to morning, and
chiſt it againe.

To breake the fleame of the breſt.

TAKE butter without ſalt, and hony,
of each a quantity, faire bitter Al-
monds: blanch them, and beat them
fine, and eat a little euery day.

*A very good Medicine for any aſche or
ſore breſt, often approved.*

TAKE Frankincenſe, fine wrought
Wax, Boars greaſe, and Roſin,
H 2 of

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of each of them a like quantity, and
seethe them together to a cake; spread
it on a cloth as brad as the sore or
paine is, and lay it to foure and twen-
tie houres, or twelue at the least.

An approued Medicine for a sore brest.

TAKE a handfull of Mallowes: seethe
them very soft in faire water, and
then let the water runne away from
the Mallowes: then chop or thread
them: then put them in a dish with
Boares grease, and heat them very
hot, and lay it on a plaister of linnen
cloth to your brest, as hot as you can
suffer, three or foure times a day hea-
ting it: this hath bene approued ve-
ry good.

A remedy for the paines of the brest.

TAKE Hylope, Parsley, and Sage,
stampe them together, and lay
them to the brest, and it wil be whole.

Another

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Another for the stopping of the breast.

Take Rue, and leathe it with Alligant, and drinke it three or foure times.

A Medicine for the bloody Elix.

Take as much fine linnen cloth as will make a Suppositarie, being wrapped together button-wise: then wet the same in the best Aqua vite, or Aqua composita, and let the partie griued conuey the same into his fundament, and it will helpe him by the grace of God, within three or foure dressings: this is approued, and hath holpen many that haue been brought low, and thought past cure.

Doctor Smiths Medicine for the

Collicke and Stone.

Take Posset-ale made of Rennish wine: boile Camomile, running Time, Parsly, Pellitory of the wall,

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with

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with a good spoonfull of Comine-seeds, till the third part and more bee consumed: then straine them with Sugar sufficient: drinke a good draught warme, and vse it as occasion serues.

A Medicine for the Chin-cough, for a childe.

TAke Boars grease, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lap clothes to it.

To stay a Læke.

TAke halfe a quarter of a pound of Almonds, and parch them vpon two new tiles: beat them in a mortar, and take a quart of faire water, and set it on the fire, and put in halfe a handfull of Knot-grasse, and halfe a handfull of Plantane leaues, and let them seethe a good while: then
take

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take the water, and straine the fore-
said Almonds therewith, and make
an Almond milke thereof, and put in
a peece of Sugar: then take Date-
stones, and beat them to powder as
small as may be, and put some of that
powder into the Almond milke: so
drinke it luke-warme.

*An excellent Medicine for a childe that
cannot part with his water
or urine.*

TAke three or foure hie-Bees: kill
them; then drie them vpon hot
plate: being thorow-dry, bruisse them
to small powder; then put the powder
into a quart of small Ale, and giue the
sicke to drinke, and he shali haue pre-
sent remedy.

*A Medicine for the paine of swelling
in the stomacke.*

TAke a good quantity of Rosemary
flowers: boile them in white wine,
H 4 and

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and as hot as may be suffered, apply it to the stomacke.

An approued Medicine for the Spleene.

Take a quart of Claret-wine, a pint of Oyle of Oliue, two good handfuls of Camomile being sliced small: boile the Wine and Camomile together from a quart to a pint, and anoint the hardnesse of the Spleene morning and evening therewith, and it will dissolue.

A Medicine for a Pelon or Anckone.

Take rusty Bacon and Colewort-leaues: stampe them together: then take a peece of Dogges leather prickt full of holes, and spread it vpon the leather, laying it to the sore twice a day; and when it begins to heale, but once a day.

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A Medicine for the itch of the body.

TAke sweet butter, vnwrought
wax, vinegar, brimstone, a little
Rose-water, red Cloues whole: boile
them together til they be like a salve:
then anoint the flesh three sundry
nights by the fire therewith, and no
more.

A Medicing for the Canker in the body.

TAke Bollarmonack, Roch-Allom,
and hony, then beat them to pow-
der: take twice as much of the Al-
lome as of the Bollarmonack, and stir
them together, till they come to a
salve, and so anoint the sore.

*A Medicin for the heat or ach in the
body, or legges, or elsewhere.*

TAke red Docke roots, and take
out the ouer-pith, and seeth them
in running water: then draw the
H 5 water

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water from them, and beat it with thick creame, and so anoint the place that is griued, or with a cloth dipt in the same, and laid ouer the place.

A Medicine good to cleanse the body.

TAke Balme, and lay it in white wine till it be well steeped, and then distill it: the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonfull or two in the morning; proued.

A Medicine for a Fistula.

TAke Verruin, and dry it vpon a tile, and make powder thereof, & make cleane the sore with a linnen cloth, and fill the hole full of the powder.

A remedy for one that vomiteth too much.

TAke Coriander-seeds fine beaten in powder, and drink it with Mint water.

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To make a seare-cloth for all manner of aches.

TAke a pound of vnwrought wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and a halfe of sheepes suet, and boile them all together, and straine them in a faire bason: then put them in a chafindish of coales, and dip a linnen cloth therein, and so lay it to the sore.

A medicine for a Ring-worme or Tetter.

TAke red dock-roots: slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

A Medicine for the Stitch.

TAke wheat-flower, & bake a cake, and cut it in the midst: then strike the dowy sides all ouer with Tarre, and lay it to the Patient as hot as may bee: you must lay one halfe of the
the

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the cake to the one side of the Patient, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a lapfull of wilde Mallowes, and see the them in running water till they be tender, and then swing them, and chop them small; then take a peniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milk, and see the it till it be thicke, stirring it well; then lay it to the grieve as warme as can be suffered.

A Medicine for the cough.

TAke Mustard-seed and put it in to Figges: see the it in Ale and drinke it.

A Medicine for the Mother.

TAke Rosin, and beat it very fine: put it into white Wine and Sallet-oile,

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oile, and drinke it, and it will doe you good.

A Medicine for the bloudie Flix.

TAke the pils of Pomegranates: beat them, and drinke them with red wine morning and euening bloud warme: then heat a bricke red hot, and lay it vnder a close stoole, and cast Rosemary and Malmesie on it, and let the Patient sit ouer it.

*A very good Medicine for
the Pils.*

TAke the hard roe of a red Herring, and roast it hard: then take the seeds of nettles, and beat them together small: then beat them with barrowes grease, and boile them together, and anoint the Piles therewith: then take a chafingdish of coles, and set it vnder a close-stoole, and cast a little Frankincense thereon, and let the Patient sit ouer it when they be
anointed

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anointed with the aforesaid ointment.

A Medicine for a burne.

Take oile of Roses, and womans milke: put it into the open place, and it will heale it.

Another for the same.

Take a linnen cloth cleane washt, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore: then strew the powder thereon.

A Medicine for the Dropisie.

Take Anniseeds, Coriander Seeds, Spikenard of Spaine: vse this in your meat and drinke eight dayes together, and it will doe you good.

A Medicine to drie a sore.

Take a pot of Smiths water, a quarterne of Roch-Allome, halfe a pint

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pint of Oyle of Oliues, and put ther-
to a handfull of Sage, and boile
them together till they be halfe con-
sumed: then vse it to the sore, and it
will drie it.

*A Medicine for an ache that comes
against raine.*

TAke the hornes of a Stagge: cut
them in small peeces, and boyle
them in water till it bee consumed
from a gallon to a quart: then poure
the water from the bones, and it will
gelly when it is co'd, and therewith
anoint the grieved place against the
fire euening and morning.

A Medicine for a burne or scald.

TAke Mallows and Smalage: see the
them in water: when they be ten-
der, take them forth, & wring out the
water cleane: chop them smal, and set
them on a chafingdish of coals, & put

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to it a little sheepes suer, and make of it a salue, and lay it to the sore place thicke, and lay a cloth vpon it, and tie it on.

A Salue for an old sore.

TAke the inner rind of an Oke that is not very old, and burne it to a coale: then quench it, and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salue.

To make a drinke for a burning A. u.

TAke a quart of running water, halfe a pint of Vinegar, halfe a quarter of a pint of Rose-water, a quarter of a pound of Sugar, and one sticke of Cinamon: boile them all together, let it coole, and giue it the sicke to drinke.

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A Medicine for the heat of the Liver.

TAKE wort of the first tap: drinke it
euery morning next your heart
for a moneth together, and it will
helpe you.

*A Medicine to make a young childe
goe to the stoole.*

TAKE May-butter, and chafe the
navill therewith against the fire:
then take some blacke wooll that
growes betweene a blacke sheeps
legges: dip it in the May-butter, and
drie it: then lay it to the navill. It is
good for an old man also: that can
take no inward medicine.

*An approved Medicine for the Nauill
when it comes out with aying.*

TAKE wax which is vsed no other
way but to take the hony from it,
and when you haue an occasion,
melt

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melt some of the wax in a Sawcer,
and dip blacke wooll in it : lay it to
the nauill, and it will helpe it.

A Medicine for the swelling of a childes cods.

TAKE Red-rose-leaues : bray them,
and boile them in red Wine an
houre : then wet a cloth in it, and lay
it to the childes nauill as hot as you
can suffer it.

A Medicine to stanch the Flux.

TAKE a Sawcerfull of the juice of
Milfoile, as much of the juice of
Plantane, and wheat-flower : temper
it with the juice of the herbes, and so
make a cake of it, and bake it, and eat
it hot.

*For to stanch bloud at the nose, or at a
veine that is cut ; proued.*

TAKE Feathers burned to powder,
and lay it vpon the veine that is
cut,

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cut, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold euery time, and it shall stanch wheresocuer it be ; proued.

For to helpe a drunken man or woman for euer.

Give him a purgation: after that, giue him a Swallow to drinke in powder for the space of twelue daies, and for a months space giue him euery day foure Almonds to eat, with foure leaues of Woodbine beaten: you must eat them in the morning next your heart ; proued.

For Scabs.

TAke Snailles, and pricke them, and take the water that comes out of them, and anoint the scabs therewith: take vine-leaues, & bind them to the scabs, and doe it euery morning and evening,

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evening, and you shall be whole; proved.

To drie Scabs.

TAke Gum-arabeck: put it in Rose-water till it bee consumed, and wash them therewith; proved.

For the Palfie, or shaking in the hands.

TAke Sell and Eyfill: see the them together, and wash thy hands therewith, and eat Sage with Mustard taffing.

It cures a man to nature, that is, in a consumption.

TAke the eldest Cocke you can get: scald him, draw him, and cut him all in peeces in a glasse pot: stop him as fast as you can, and put among these peeces Cloues, Mace, small Rai-fins, and falo: then put this glasse into a great pot, and let all these see the together till they be a gely: then straine it into a cleane vessell, and giue

and Gentlemen.

give it to the sicke, first and last,
bloud-warme.

To restore the braine.

Take powder of Britanny, and vse it
in your portage: it will restore the
braine, and destroy the stone.

For a perillous Cough.

Take Sage, Rue and Commine.
stamp them with Pepper, seethe
them together with hony, and thereo
f make an electuary, and vse thereof
a spoonfull euening and morning,
and by the helpe of God it shall doe
you good.

*For them that cannot see, and
have red eyes.*

Take white vinegary and rub upon
a whet-stone in a faire bason: take
as much salt as powder, and grinde
them well together in a bason, and
temper

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temper them with Wine, and let it stand a day and a night, and put it in a viall of glasse: you must take the chinneest that standeth aboue in the bason, and put in your glasse; and when the patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

To anoint the face, and to make it white.

TAke fresh Bacon-grease, and the whites of egges: stampe them together, and a little powder of Bayes, and anoint your face therewith, and it will make it white.

For a faire face; proued another way.

TAke Plantane and white Vinegar: still them together, and wash your face therewith fifteene dayes, morning and euening: after this, drinke a draught of Vinegar in the morning once in three dayes.

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To make the face white and faire.

TAke Rosemary, and boile it in white Wine, and wash thy face therewith, and thou shalt be faire: then take Erigan, and stampe it, and take the juice thereof, and put it all together, and wash thy face therewith; proued.

To helpe the face with red Pimples.

TAke Bay-berries, and plucke off the huskes, and make fine powder thereof, and temper it with Honey: anoint your face therewith six times, and it will helpe you.

To draw broken bones out of the head.

TAke Bettony, Vervaine, and Rue: stampe them all together very small, and put thereto Ric-meale or wheat, and the white of an egge, and make a plaister, and lay it to the head.

To

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To quenche ones thirst.

TAke the root of Louage: wash it
cleane & stampe it, and temper it
with water: drinke a good draught
of it five nights together, and drinke
not in two houres after it.

For one that speakes in his sleepe.

TAke Southernwood, and temper
it with Wine, and let the diseased
drinke thereof in the morning, and
when he goes to bed.

*For a woman that bath too much
of the Flowers.*

TAke the foot of a Hare: burne it
to powder, and drinke thereof
in red wine and Cinamon first and
last three dayes, and it will helpe her.

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